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Psychosocial Health
What Is Psychosocial Health?

- Psychosocial health encompasses the mental, emotional, social, and spiritual dimensions of what it means to be healthy.

- Psychosocial health is the result of complex interaction between a person’s history and his or her thoughts about and interpretations of the past and what the past means to
What Is Psychosocial Health?

Psychosocially healthy people

- Feel good about themselves
- Feel comfortable with other people
- Control tension and anxiety
- Are able to meet the demands of life
- Curb hate and guilt
- Maintain a positive outlook
- Value diversity
- Appreciate and respect nature
- Enrich the lives of others
Characteristics of Psychosocially Healthy and Unhealthy People

**Psychosocially unhealthy**
- No zest for life; pessimistic/cynical most of the time; spiritually down
- Laughs, but usually at others, has little fun
- Has serious bouts of depression, “down” and tired much of the time; has suicidal thoughts
- A “challenge” to be around, socially isolated
- Experiences many illnesses, headaches, aches/pains, gets colds/infections easily
- Shows poorer coping than most, often overwhelmed by circumstances
- Has regular relationship problems, finds that others often disappoint
- Tends to be cynical/critical of others; tends to have negative/critical friends
- Lacks focus much of the time, hard to keep intellectual acuity sharp
- Quick to anger, sense of humor and fun evident less often

**Psychosocially healthy**
- Possesses zest for life; spiritually healthy and intellectually thriving
- High energy, resilient, enjoys challenges, focused
- Realistic sense of self and others, sound coping skills, open minded
- Adapts to change easily, sensitive to others and environment
- Works to improve in all areas, recognizes strengths and weaknesses
- Healthy relationships with family and friends, capable of giving and receiving love and affection
- Has strong social support, may need to work on improving social skills but usually no major problems
- Has occasional emotional “dips” but overall good mental/emotional adaptors
- Has strong social support and healthy relationships with family and friends
What Is Psychosocial Health?

- Mental Health: The Thinking You
  - “Thinking” or “rational” part of psychosocial health
  - Mentally healthy people tend to respond to life’s challenges constructively.
  - Irrational thinking may indicate poor mental health.
What Is Psychosocial Health?

Emotional Health: The Feeling You

• The “feeling” or subjective side of psychosocial health that includes emotional reactions to life

• Emotions are intensified feelings and complex patterns:
  • Love, hate, frustration, anxiety, and joy
What Is Psychosocial Health?

**Social Health: Interactions with Others**

- Aspect of psychosocial health that includes interactions with others, ability to use social supports, and ability to adapt to various situations
- Social bonds
- Social support
What Is Psychosocial Health?

- **Spiritual Health: An Inner Quest for Well-Being**
  - A belief in a unifying force that gives purpose or meaning to life
  - A sense of belonging
  - A feeling of connection to other people, to nature, or a god or other higher power
Factors Influencing Psychosocial Health

- **The Family**
  - Dysfunctional families
  - Children raised in dysfunctional families may have a harder time adapting to life and run an increased risk of psychosocial problems.

- **The Macro Environment**
  - Drugs, neighborhood, crime, threats to safety, injury, school failure, unemployment, financial problems, and natural disasters also play a role in increased risk of psychosocial problems.
Factors Influencing Psychosocial Health

- **Self-Efficacy and Self-Esteem**
  - **Self-Efficacy**
    - Belief in one’s ability to perform a task successfully
  - **Self-Esteem**
    - Sense of self-respect or self-worth
Build Your Self-Esteem

- Pay attention to your own needs and wants. Listen to what your body, mind, and heart are telling you.
- Take good care of yourself. Eat healthy foods, get plenty of sleep, exercise, and plan fun activities for yourself.
- Take time to do things you enjoy. Make a list of things that make you happy and do something from that list every day.
- Do something that you have been putting off, such as cleaning out your closet or paying a bill that you’ve been ignoring, to give yourself sense of accomplishment.
- Give yourself rewards. Acknowledge that you are a great person by rewarding yourself occasionally.
- Spend time with people who make you feel good about yourself. Avoid people who treat you badly or make you feel bad about yourself.
- Display or keep close by items that you like and that remind you of your achievements, your friends, or special times.
- Take advantage of any opportunity to learn something new—you’ll feel better about yourself and be more productive.
- Do something nice for another person. There is no greater way to feel better about yourself than to help someone in need.
Factors Influencing Psychosocial Health

- **Learned Helplessness vs. Optimism**

  - **Learned helplessness (Seligman)** - victim
    - Giving up because of repeated past failure

  - **Learned optimism**
    - Teaching oneself to be optimistic
    - “Positive affirmations”
Factors Influencing Psychosocial Health

- **Personality**
  - In general, people who possess the following personality traits often appear to be psychosocially healthy:
    - Extroversion
    - Agreeableness
    - Openness to experience
    - Emotional stability
    - Conscientiousness
    - Resiliency
Life Span and Maturity

- Our temperaments change as we move through life.
- The college years mark a critical transition period for young adults as they move away from their families and establish themselves as adults.
- Those who do not accomplish developmental tasks, such as learning how to solve problems and evaluate decisions, may find their lives interrupted by recurrent crises later on.
Strategies to Enhance Psychosocial Health

- Find a support group.
- Complete required tasks.
- Form realistic expectations.
- Make time for yourself.
- Maintain physical health through exercise.
- Examine problems and seek help if needed.
- Get adequate sleep.

- Can you think of ways to enhance psychosocial health?
The Mind—Body Connection

- At the core of the mind—body connection is the study of psychoneuroimmunology (PNI), or how the brain and behavior affect the body’s immune system.

Happiness and Health

- Happiness and health have a profound effect on the body.
- Neurotransmitters function more efficiently in happy people.

Does Laughter Enhance Health?

- Stressed people become less depressed with humor.
- Students who use humor as a coping mechanism experience positive mood.
The Mind-Body Connection

- **Subjective Well-Being (SWB)**
  - Uplifting feeling of inner peace
  - Overall “feel-good” state

- **Three Components of SWB**
  - Satisfaction with present life
  - Relative presence of positive emotions
  - Relative absence of negative emotions
Discussion Questions

1. Do you agree that life experiences only account for 10 percent of one’s total happiness? Why or why not?

2. What do you do to make yourself happy?

3. In what ways can you work to increase your happiness level every day?
When Psychosocial Health Deteriorates

- Stress, anxiety, traumatic events, abusive relationships, chemical imbalances, drug interactions, loneliness, financial upheavals, and physical problems can cause an individual to turn inward or to act in ways that are outside what might be considered normal.

- **Mental Illness**
  - Disorders disrupting thinking, feeling, moods, and behaviors can cause some level of impaired functioning.
  - Caused by life events or by biochemical or brain dysfunction.
  - About 1 in every 4 people over age 18 annually.
  - Mental illness is the leading cause of disability for people in the United States and Canada aged 15 to 44.
When Psychosocial Health Deteriorates

- Mental Health Threats to College Students

  Mental health concerns range in severity among today’s students.

  - These include difficulties in relationships, anxiety, depression, sexual assaults, pressures to take drugs, pressures to succeed, and social and environmental problems.
Mental Health Concerns of American College Students, Past 12 Months

Felt overwhelmed by all they needed to do 87.4%

Thought things were hopeless 47.0%

Had difficulty functioning because of depression 30.6%

Seriously considered suicide 6.4%

Intentionally injured themselves 5.5%

Attempted suicide 1.3%
Mental Health Disorders

- **Major Mental Health Disorders**—Affect how you feel, such as persistent sadness or feelings of euphoria
  - Major depression disorder
  - Schizophrenia
  - Bipolar disorder
  - Anxiety disorders—panic disorder, social phobias, OCD, and generalized anxiety
  - Substance abuse

- In any given year, approximately 10 percent of Americans aged 18 or older suffer from a mood disorder
Depression Disorders

- “Common cold” of psychological disturbances
  - Approximately 14.8 million Americans experience depression each year.
  - Combination of symptoms that interfere with work, study, sleep, eating, relationships, and enjoyment of life.
Depression

Major depressive disorder

- **SYMPTOMS:**
  - **Physical effects** sleep disturbance (too much or too little) appetite disturbance, fatigue, lack of energy.
  - **Mental effects** such as the inability to concentrate overwhelming sadness, no pleasure in anything (anhedonia), social withdrawal and thoughts of suicide.

- Affects approximately 1.5 percent of the U.S. population aged 18 and older in a given year.
Depression

- **Causes of Depression**
  - Most often clinical depression is a biochemical change
  - Situational depression is a situation such as breaking up with a girlfriend/boyfriend
  - Undergoing a serious loss, a difficult relationship, financial problems, and facing various types of pressure can all trigger depression.
  - Physical changes to the body, including stroke, heart disease, cancer, chronic pain, type 2 diabetes, etc., can lead to depression.
Depression

- You tube: Depression, the Misunderstood Epidemic
Depression

- Depression in College Students
  - From 2002 to 2008, the number of students who reported “having been diagnosed with depression” increased from 11 to 15 percent
  - Contributing factors include relationships, pressure to get good grades, abuse of alcohol and other drugs, poor diet, being far from home, and lack of sleep

- Depression in Men and Women
  - Women are almost twice as likely as men to experience depression.
  - Hormonal factors may contribute to an increase in depression in women.
  - There are differences in coping strategies for men and women.
  - Suicide rates among depressed men are four times those of women.
Depression

- Depression in Older Adults
  - Depression is often undiagnosed or untreated.
  - Older adults are less likely to discuss any symptoms.
  - Certain medications can increase risk.

- Depression in Children
  - Rates are increasing
  - There are many warning signs, including pretending to be sick, self-mutilation, drugs or alcohol abuse, and attempted suicide
Bipolar disorder (manic-depression)

- Alternating episodes of mania (highs) and depression (lows)
- Biological and genetic factors may be causative.
- Drugs, stress, and traumatic events can trigger the episodes. May also just “come on out of the blue”.
- Highs last days to weeks; lows last weeks to months
- Medications include mood stabilizers—gold standard is lithium. Common medications are depakot, and lamictal.
Bipolar Disorder

- You tube: Bipolar Overview
Mood Disorders

- Treating Mood Disorders
- Psychotherapeutic Treatment
  - Cognitive therapy
  - Interpersonal therapy
- Pharmacological Treatment
  - Be aware of the risks of taking antidepressants
  - Warning labels have been added advising that patients taking these drugs be monitored for “worsening depression or the emergence of suicidality.”
Anxiety Disorders

- **Types**
  - Generalized anxiety disorder
  - Panic disorders
  - Phobic disorders
  - Obsessive-compulsive disorder
  - Post-traumatic stress disorder
Anxiety Disorders

- **Generalized Anxiety Disorder**
  - A person with generalized anxiety disorder (GAD) is a consummate worrier who develops a debilitating level of anxiety.
  - To be diagnosed with GAD, a person must exhibit at least one of the following symptoms for the majority of time during a 6-month period:
    - Restlessness or feeling on edge
    - Being easily fatigued
    - Difficulty concentrating
    - Irritability
    - Muscle tension
    - Sleep disturbances
Anxiety Disorders

### Panic Disorders

- Panic disorders are characterized by the appearance of panic attacks, a form of acute anxiety reaction that brings on intense physical reaction.
  - Approximately 6 million Americans aged 18 or older experience panic attacks each year, usually in adulthood.
  - Symptoms include the following:
    - Increased respiration
    - Chills, hot flashes
    - Shortness of breath
    - Stomach cramps, chest pain
    - Difficulty swallowing
    - Sense of doom or impending death
Anxiety Disorders

Phobic Disorders

- Phobias, or phobic disorders, involve a persistent and irrational fear of a specific object, activity, or situation often out of proportion to the situation.

- About 13 percent of Americans suffer from phobias, such as fear of spiders, snakes, or public speaking.

- A social phobia is an anxiety disorder characterized by the persistent fear and avoidance of social situations.
**Anxiety Disorders**

- **Obsessive-Compulsive Disorder**
  - People who feel compelled to perform rituals over and over again; are fearful of dirt or contamination; have an unnatural concern about order, symmetry, and exactness; or have insistent intrusive thoughts that they can’t shake may be suffering from obsessive-compulsive disorder (OCD).
  - As with other anxiety-based disorders, medication and cognitive behavioral therapy are often the keys to treatment.
Post-Traumatic Stress Disorder (PTSD)

- Often PTSD affects soldiers returning home from war, particularly those who saw friends killed or mangled or who experienced terrible wounds.
- Study of armed services members found that 1 in 8 reported symptoms of post-traumatic stress disorder (PTSD).
- Other traumatic events include rape, physical attacks, severe accidents, witnessing a murder or death, being caught in a natural disaster, or terrorist attacks.

- **Symptoms**
  - Dissociation
  - Acute anxiety or nervousness

- **Treatment**
  - Therapies designed to help trauma victims
  - Anti-anxiety drugs and sleep aids
Anxiety Disorders

- You tube: Anxiety disorder
- 1. Generalized Anxiety Disorder 1:48
- 2. Panic attacks documentary: Paige Has a Panic Attack
Anxiety Disorders

- **Sources of Anxiety Disorders**
  - Biological
  - Environment
  - Social and cultural role

*Did you Know?*

About 1 in 3 people with panic disorder develops **agoraphobia**, a condition in which the person becomes afraid of being in any place or situation—such as a crowd or a wide-open space—where escape might be difficult in the event of a panic attack.
Schizophrenia-thinking disorder

- One percent of U.S. population suffers from schizophrenia.
- Biological disease of the brain

**Symptoms**
- Delusional thinking, paranoia, hallucinations, incoherent and rambling speech, inability to think logically, ideas of grandeur, “words salad”

**Treatment**
- Combinations of either or all of hospitalization, supportive psychotherapy and medications
- Medications: Antipsychotics: Some include Zyprexa, and Risperdal,
From “I Know This Much is True”, by Wally Lamb, 1998.

Words from this schizophrenic brother:

“They are both after me. Either side would love to eat my flesh and drink my blood. Personally I think it is the CIA. They have messed with me before. Beamed infrared lights on me, sucked out my thoughts like they were sucking a milkshake up a straw. Not a pretty sight seeing your own grey matter go up a vacuum tube. Now I forget things. I want to concentrate my efforts on the Persian Gulf. I want to be of service to God and my country. But they distract me. They know how dangerous I am..............”
Schizophrenia

- You tube: Living with Schizophrenia
Schizophrenia
Suicide: Giving Up on Life

- 32,000 **confirmed** suicides are reported annually in the United States.
- Experts estimate 100,000 as a more accurate figure.
- **College students are more likely to attempt suicide than the general population.**
- Second leading cause of death on college campuses
- Third leading cause of death in 15- to 24-year-olds
- Fourth leading cause of death for 10- to 14-year-olds
Suicide: Giving Up on Life

- **Warning Signs of Suicide**
  - Recent loss and inability to let go of grief
  - A history of depression
  - Changes in personality and/or behavior
  - Diminished sexual drive
  - Change in sleep and/or appetite
  - Expressions of self-hatred
  - Preoccupation with themes of death
  - Marked changes in personal appearance

- **What are some other signs you have heard of or experienced?**
Suicide: Giving Up on Life

- **Preventing Suicide**
  - Monitor the warning signs.
  - Take all threats seriously.
  - Let the person know you care.
  - Listen.
  - Ask directly, “Are you thinking of hurting yourself?”
  - What is your plan?
  - Acknowledge the person’s feelings.
  - Help them to think of alternatives.

- **GET THE PERSON TO A PROFESSIONAL WHO IS TRAINED TO HELP**
Seeking Professional Help for Psychosocial Problems

- Getting Evaluated for Treatment
  - An exam should include
    - A physical checkup
    - A psychiatric history
    - A mental status examination

- Why do you think more people don’t seek professional help?
# Mental Health Professionals

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<th>What kind of training do they have?</th>
<th>What kind of therapy do they do?</th>
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<tr>
<td>Psychiatrist</td>
<td>Medical doctor (MD) degree,</td>
<td>As a licensed MD, a psychiatrist can prescribe medications and may have admitting privileges at a local hospital. Some psychiatrists are affiliated with hospitals, while others are in private practice.</td>
<td>American Psychiatric Association <a href="http://www.psych.org">www.psych.org</a></td>
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<td>followed by 4 years of specialized mental health training</td>
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<tr>
<td>Psychologist</td>
<td>PhD degree in counseling or clinical psychology followed by several years of supervised practice to earn license</td>
<td>Psychologists are trained in various types of therapy, including behavior and insight therapy. Most can conduct both individual and group sessions. They may be trained in certain specialties, such as family counseling or sexual counseling.</td>
<td>American Psychological Association <a href="http://www.apa.org">www.apa.org</a></td>
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<tr>
<td>Clinical/psychiatric social worker</td>
<td>Master’s degree in social work (MSW) followed by 2 years of experience in a clinical setting to earn license</td>
<td>Social workers may be trained in certain specialties, such as substance abuse counseling or child counseling. Some social workers are employed in clinics, schools, or agencies; others have private practices.</td>
<td>National Association of Social Workers <a href="http://www.socialworkers.org">www.socialworkers.org</a></td>
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# Mental Health Professionals

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<tr>
<td>Counselor</td>
<td>Master's degree in counseling, psychology, educational psychology, or related human service. Generally must complete at least 2 years of supervised practice before obtaining a license</td>
<td>Many counselors are trained to do individual and group therapy. They often specialize in one type of counseling, such as family, marital, relationship, children, drug, divorce, behavioral, or personal counseling.</td>
<td>American Counseling Association <a href="http://www.counseling.org">www.counseling.org</a></td>
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<tr>
<td>Psychoanalyst</td>
<td>Postgraduate degree in psychology or psychiatry (PhD or MD), followed by 8 to 10 years of training in psychoanalysis, which includes undergoing analysis themselves</td>
<td>Psychoanalysis is a form of therapy based on the theories of Freud and his successors. It focuses on patterns of thinking and behavior and the recall of early traumas that have blocked personal growth. Treatment is intensive, lasting 5 to 10 years, with 3 or 4 sessions per week.</td>
<td>American Psychoanalytic Association <a href="http://www.apsa.org">www.apsa.org</a></td>
</tr>
<tr>
<td>Licensed marriage and family therapist (LMFT)</td>
<td>Master's or doctoral degree in psychology, social work, or counseling, specializing in family and interpersonal dynamics; generally must complete at least 2 years of supervised practice before obtaining a license</td>
<td>LMFTs treat individuals or families in the context of family relationships. Treatment is typically brief (20 sessions or less) and focused on finding solutions to specific relational problems. Some LMFTs work in clinics, schools, or agencies; others have private practices.</td>
<td>American Association for Marriage and Family Therapy <a href="http://www.aamft.org">www.aamft.org</a></td>
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What to Expect in Therapy

- There will be a mental and verbal analysis.
- Explain your needs.
- Answer as honestly as possible.
- Do not expect the therapist to tell you what to do or how to behave.
- If a therapist is not right for you, find another.