

CHAPTER 1: CONCEPTS, PARADIGMS AND STIGMA KEY TERMS

American Psychiatric Association (APA)

A scientific and professional organization that represents psychiatry in the United States

Amygdala

The region of the brain responsible for coordinating and initiating responses to fear.

Assertive community treatment

Programmes to help people recovering from psychotic episodes with their medication regimes, offering psychotherapy, assistance in dealing with everyday life and its stressors, guidance on making decisions, residential supervision and vocational training.

Assertive outreach

A way of working with groups of individuals with severe mental health problems who do not effectively engage with mental health services.

Asylums

In the eighteenth century, as many traditional infectious diseases became less common, hospices were converted into asylums for the confinement of individuals with mental health problems.

Ataque de nervios

A form of panic disorder found in Latinos from the Caribbean.

Behaviour modification

Behavioural treatment methods based on classical conditioning principles, which assumed that learned psychopathology could be 'unlearned' using normal learning processes. See also *behaviour therapy*.

Behaviour therapy

See *Behaviour Modification*.

Behavioural model

An influential psychological model of psychopathology based on explaining behaviour.

Biological models

Biological models attempt to explain psychopathology in terms of processes such as genetics, and brain structure and function.

Brain neurotransmitters

Brain neurotransmitters are chemicals that help neurones to communicate with each other and are essential components of the mechanisms that regulate efficient and effective brain functioning.

Cerebral cortex

The outer, convoluted area of the brain.

Classical conditioning

The learning of an association between two stimuli, the first of which (the conditioned stimulus, CS) predicts the occurrence of the second (the unconditioned stimulus, UCS).

Client-centred therapy

An approach to psychopathology stressing the goodness of human nature, assuming that if individuals are unrestricted by fears and conflicts, they will develop into well-adjusted, happy individuals.

Clinical psychology

The branch of psychology responsible for understanding and treating psychopathology.

Cognitive Behaviour Therapy (CBT)

An intervention for changing both thoughts and behaviour. CBT represents an umbrella term for many different therapies that share the common aim of changing both cognitions and behaviour.

Cognitive model

An influential psychological model of psychopathology.

Community care

Care that is provided outside a hospital setting.

Concordance studies

Studies designed to investigate the probability with which family members or relatives will develop a psychological disorder depending on how closely they are related – or, more specifically, how much genetic material they have in common.

Corpus callosum

A set of nerve fibres which connects the two mirror-image hemispheres of the brain.

Defence mechanisms

In psychoanalysis, the means by which individuals attempt to control conflict between the id, ego and superego and also reduce stress and conflict from external events.

Demonic possession

Historical explanations of psychopathology such as 'demonic possession' often alluded to the fact that the individual had been 'possessed' in some way.

Demonology

Many ancient civilizations, such as those in Egypt, China, Babylon and Greece believed that those exhibiting symptoms of psychopathology were possessed by bad spirits (known as demonology).

Diathesis-stress model

Model which suggests that a mental health problem develops because of an interaction between a genetic predisposition and our interactions with the environment (Shenk, 2010).

Dopamine

A compound that exists in the body as a neurotransmitter and as a precursor of other substances including adrenalin.

Ego

In psychoanalysis, a rational part of the psyche that attempts to control the impulses of the id.

Ego defence mechanisms

Means by which the ego attempts to control unacceptable id impulses and reduce the anxiety that id impulses may arouse.

Empathy

An ability to understand and experience a client's own feelings and personal meanings, and a willingness to demonstrate unconditional positive regard for the client.

Frontal lobe

One of four parts of the cerebrum that control voluntary movement, verbal expressions, problem solving, will power and planning.

General paresis

A brain disease occurring as a late consequence of syphilis, characterized by dementia, progressive muscular weakness and paralysis.

Genetic Linkage Analysis

A method of identifying individual genes which works by comparing the inheritance of characteristics for which gene location is known (e.g. eye colour) with the inheritance of psychopathology symptoms.

Genetics

The study of heredity and the variation of inherited characteristics.

Harmful dysfunction

Assumption that psychopathology is defined by the 'dysfunction' of a normal process that has the consequence of being in some way harmful.

Heritability

A measure of the degree to which symptoms can be accounted for by genetic factors, and this ranges from 0 to 1, and the nearer this figure is to 1, the more important are genetic factors in explaining the symptoms.

Hippocampus

A part of the brain which is important in adrenocorticotrophic hormone secretion and is also critical in learning about the context of affective reactions.

Humanist-Existentialist approach

A model of psychopathology which aims to resolve psychological problems through insight, personal development, and self-actualisation.

Id

In psychoanalysis, the concept used to describe innate instinctual needs – especially sexual needs.

International List of Causes of Death (ICD)

The international standard diagnostic classification developed by the World Health Organization (WHO). IQ (Intelligence Quotient) Tests.

Learning theory

The body of knowledge encompassing principles of classical and operant conditioning (and which is frequently applied to explaining and treating psychopathology).

Limbic System

A brain system comprising the hippocampus, mammillary body, amygdala, hypothalamus, fornix and thalamus. It is situated beneath the cerebral cortex and is thought to be critically involved in emotion and learning.

Medical model

An explanation of psychopathology in terms of underlying biological or medical causes.

Mental health stigma

Mental health stigma can be divided into two distinct types: social stigma is characterized by prejudicial attitudes and discriminating behaviour directed towards individuals with mental health problems. Perceived stigma or self-stigma is the internalizing by the mental health sufferer of their perceptions of discrimination and can significantly affect feelings of shame and lead to poorer treatment outcomes.

Milieu therapies

The first attempts to structure the hospital environment for patients, which attempted to create a therapeutic community on the ward in order to develop productivity, independence, responsibility and feelings of self-respect.

Molecular genetics

Genetic approach which seeks to identify individual genes that may be involved in transmitting psychopathology symptoms.

Moral treatments

Approach to the treatment of asylum inmates, developed by the Quaker movement in the UK, which abandoned contemporary medical approaches in favour of understanding, hope, moral responsibility, and occupational therapy.

Neuroscience

The scientific study of the nervous system.

Norepinephrine

A neurotransmitter thought to play a role in anxiety symptoms.

Occipital lobe

Brain area associated with visual perception.

Operant conditioning

The learning of a specific behaviour or response because that behaviour has certain consequences.

Oral stage

According to Freud, the first 18 months of life based on the child's need for food from the mother. If the mother fails to satisfy these oral needs, the child may become fixated at this stage and in later life display 'oral stage characteristics' such as extreme dependence on others.

Parietal lobe

Brain region associated with visuo-motor coordination.

Perceived stigma/self-stigma

The internalizing by the mental health sufferer of their perceptions of discrimination and can significantly affect feelings of shame and lead to poorer treatment outcomes. See also mental health stigma.

Psychiatry

A scientific method of treatment that is based on medicine, the primary approach of which is to identify the biological causes of psychopathology and treat them with medication or surgery.

Psychoanalysis

An influential psychological model of psychopathology based on the theoretical works of Sigmund Freud.

Psychopathology

The study of deviations from normal or everyday psychological functioning.

Recovery Model

Broad-ranging treatment approach which acknowledges the influence and importance of socio-economic status, employment and education and social inclusion.

Seizisman

A state of psychological paralysis found in the Haitian community.

Serotonin

An important brain neurotransmitter where low levels are associated with depression.

Service user groups

Groups of individuals who are end users of the mental health services provided by, for example, government agencies such as the NHS.

Sigmund Freud

An Austrian neurologist and psychiatrist who founded the psychoanalytic school of psychology.

Social stigma

Stigma characterized by prejudicial attitudes and discriminating behaviour directed towards individuals with mental health problems as a result of the psychiatric label they have been given.

Somatogenic hypothesis

The hypothesis that the causes or explanations of psychological problems can be found in physical or biological impairments.

Stages of development

Progressive periods of development from infancy to maturity.

Statistical norm

The mean, average or modal example of a behaviour.

Superego

Key concept in Freud's psychoanalytic theory. The superego develops out of both the id (innate instinctual needs) and ego (a rational part of the psyche that attempts to control the impulses of the id), and represents our attempts to integrate 'values' that we learn from our parents or society.

Syndrome

A distinct set of symptoms.

Time to Change

A national UK programme aiming to promote awareness of mental health problems and to combat stigma and discrimination.

Temporal lobe

The areas of the brain that lie at the side of the head behind the temples and which are involved in hearing, memory, emotion, language, illusions, tastes and smells.

Token economy

A reward system which involves participants receiving tokens for engaging in certain behaviours which at a later time can be exchanged for a variety of reinforcing or desired items.

Twin studies

Studies in which researchers have compared the probability with which monozygotic (MZ) and dizygotic (DZ) twins both develop symptoms indicative of a psychopathology in order to assess genetic contributions to that psychopathology.

Unconditional positive regard

Valuing clients for who they are without judging them.