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| |  | | --- | |  | | There are many mental illnesses both well known (ex: depression) and less well known (ex: torrent syndrome) that greatly affect certain demographics of the population.  However, the two mental illnesses most heavily affect our population today is Thought Disorders (specifically Schizophrenia) & the rise of mood disorders (specifically Depression) & suicides.  Mood disorders are known to create feelings of ongoing sad, anxious, or “empty” mood, excessive guilt and low self-esteem. Unsurprisingly, the mortality rate associated with mood disorders are high with the amount of suicides that take place. Suicide accounts for more loss of life in the world than the total number of deaths from war, homicide and acts of terrorism and a global mortality rate of 16 per 100,000 annually. Major depressive disorder is the largest leading cause of disability and adult suicide being the leading cause of death in the United States and the second (or third) leading cause of death in the adolescent population. Suicide is a dangerous threat to the human population.  As for Schizophrenia is a common thought disorder that affects more than 21 million people worldwide. The symptoms of schizophrenia are generally divided into three categories: positive, negative and cognitive symptoms… known as "psychotic" symptoms because the person has lost touch with reality in certain ways. The term "positive symptoms" refers to mental experiences that are "added on" to a person's usual experience—typically these are hallucinations and delusions. Negative symptoms reflect symptoms that indicate reduction of a capacity, such as motivation. Cognitive symptoms pertain to thinking processes, such as memory. Medications are crucial to symptom control within the schizophrenia treatment process, and other psychological strategies are also gaining acceptance to augment their impact. Yet 50% of people diagnosed with schizophrenia have received no treatment. The rising prices for treatment and other economic costs due to schizophrenia are enormous, estimated between $32.5 and $65 billion annually. Even with Schizophrenia being of the 17% of patients with a diagnosis of schizophrenia, 9% were violent in the first 20 weeks after discharge. This compares with a violence prevalence of 19% for depression, 15% for bipolar disorder, 17.2% for other psychotic disorders, 29% for substance misuse disorders and 25% for personality disorder alone. Despite being smaller compared to substance and personality, with the rate of treatment and the prevalence of violent behavior compared to the general population. The threat of Schizophrenics with violence and suicide causes it to another pressing mental disorder. | |  | |  | |  |  | |  | | --- | | References:   * (Merriam-Webster. (n.d.). Psychology. Retrieved November 09, 2017, from https://www.merriam-webster.com/dictionary/psychology) * (McLeod, S. (2007, January 01). Humanism. Retrieved November 09, 2017, from https://www.simplypsychology.org/humanistic.htlm) * (Suicide Prevention [CASP]. (n.d.). Suicide in Canada. Retrieved November 11, 2017, from https://suicideprevention.ca/understanding/suicide-in-canada/) * (Schizophrenic society of Canada, (n.d). Learn More About Schizophrenia. Retrieved at November 11 from <http://www.schizophrenia.ca/learn_more_about_schizophrenia.php>) * (World Health Organization [WHO], (n.d). Retrieved at November 9 from http://www.who.int/mediacentre/factsheets/fs397/en/). * (Monahan, J. & Appelbaum, P. (2000) Reducing violence risk: diagnostically based clues from the MacArthur Violence Risk Assessment Study. In Effective Prevention of Crime and Violence among the Mentally III (ed. Hodgins), pp. 19 -34. The Netherlands: Kluwer Academic Publishers * (The British Journal of Psychiatry [BJPYSCH], Jun 2002, 180 (6) 490-495; DOI: 10.1192/bjp.180.6.490) * (Behavioral Health Evolution [BHEVOLUTION], n.d) Retrieved at November 10 from: (<http://www.bhevolution.org/public/severe_mental_illness.page>) * (Haskings-Winner, J., Collishaw, R., Kritzer, S., & Warecki, P. (2011). *Social science: an introduction*. Toronto, ON: McGraw-Hill Ryerson) * (Who was David Reimer (also, sadly, known as "John/Joan")? (n.d.). Retrieved November 12, 2017, from <http://www.isna.org/faq/reimer>) * University of Illinois [UIC], n.d, Retrieved on November 12 from http://www.psych.uic.edu/research/mood-disorders-and-suicide | |  | |  | |  |  | |  | | --- | | Intro to Psychology Culminating  Activity | |  | |  | |  | |

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| |  | | --- | |  | | Psychoanalysis Psychoanalysis is based off the core beliefs of Sigmund Freud. Freud regarded human behavior as something driven by the conscious and unconscious working of the mind. He sought to uncover these secrets, and believed that he discovered it by his “talking cure” and hypnosis among other methods. Sigmund additionally heavily believed in controlling the psyche by the id, superego and ego would solve the riddle of the mind. Humanism Humanism studies “the whole person, and the uniqueness of each individual” (McLeod, 2007Humanist psychology favours qualitative experiments, researching to understand the person. With people like Abraham Maslow and Carl Rogers leading this school of thought, their core theory laid in reaching the pinnacle of one’s potential. However, with such a revolutionary way of thinking comes controversy. For this theory, the issue was that it wasn’t heavily science based. Carl, being the father of humanism with the first idea of self-actualization, also most famous for the client-centered therapy approach that gave way to Maslow’s Hierarchy of needs, which is actively used today. | |  |  | |  | | --- | | Child Development I believe the Erikson's stages of psychosocial development rather than Freud’s theory as it made the most sense in understanding teenage behaviour. The theory can be placed within 8 stages, each stage describing a conflict that happens in that stage of development. For demonstration purposes, to understand the teenage stage, you must understand the stages before it.  Trust vs. Mistrust **(Birth to 12-18 months)**  At Trust and Mistrust, trust develops when needs such as hunger and comfort are dependably met. If not met, frustration and withdrawal, along with a distrust of other contributing to teenage behaviour  Autonomy vs. Shame/Doubt **(18 months to 3 years)**  With an supportive environment, one’s autonomy is fostered, and the individual becomes more independent in the actions. With an unsupportive environment, loss of trust can lead to shame and doubt about independence which later effects teen hood as they become more independent  Initiative vs. Guilt **(3 to 6 years)**  Initiative is increased by an sense of responsibility to what they do, such as putting their toys away and simple chores. If these needs for responsibility aren't met, an anxiety about initiating tasks can lead to the individual feeling guilt over responsibility. This can lead to guilt and anxiety over being involved prominently in clubs or in school events with responsibility**.**  Industry vs. Inferiority **(6-12 years)**  Interest develops into knowledge and learning, as their self-awareness develops into productivity. With a lack of knowledge in self-worth in this period, teens can with this unsuccessful learning experience grow to have a sense of inferiority and worthlessness. This is dominantly shown during the “self-esteem” part of the Maslow theory as to not achieve this can led to the individual not feeling satisfied in themselves.  Identity vs. Role confusion **(12 to 18 years)**  This is the teen period, as teens face the increasing concern of the way others see them as they explore who they are. This is important in understanding teen behaviour. To understand one’s identity is to discover one’s place in society and this is a confusing if not crucial time in developing as a person. With a lack of a sense of belonging among others and oneself, teens will have an inability to settle on an identity and this will bring role confusion. | |  | |  | |  |  | |  | | --- | | Ethical Complications Something additionally that was interesting in psychology class was the ethical complications in psychology. The cases of Little Albert, David Reimer and the Mock Prison were a few of many ethical issues that came about for the progress of Psychology.  **Little Albert (1920’s)**  To understand of the nature of fear, John Watson exposed Albert to an variety of white objects. (Haskings-Winner, J., Collishaw, R., Kritzer, S., & Warecki, P., 2011) He was made to associate those items with fear of the loud bell noise. He then became scared of all things white, being mentally scarred for the rest of his life (Haskings-Winner, et. al, 2011)  **David Reimer (August 22, 1965 – May 4, 2004)**  With an urologist’s faulty use of cauterization, David Reimer’s botched circumcision at 8 months left him with no penis. Her parent sought help from John Money, a psychologist known for gender identity and sexual development. Raised as an female (as per recommendation of Money) He became known as “Brenda.” John Money who theorized that gender was an matter of socialization but with no proof decided to misuse David for his own gain, forcing them to engage in “sexual play” (Diamond & Sigmundson,1997) and falsely advertising his success with David. As an result, Reimer was let facing deep physical & mental scarring and his brother with schizophrenia. Reimer eventually committing suicide while his brother overdosed on antidepressants.  **Stanford Prison Experiment|(1971)**  “Psychologist Philip Zimbardo recruited university students to create a mock prison.” (Haskings-Winner, J., Collishaw, R., Kritzer, S., & Warecki, P., 2011). Randomly dividing them into two groups with guards and prisoners, his observation team watched as the guards became more hostile towards their former classmates, as they began to use a “divide and conquer” tactic to pit the prisoners against one another (Haskings-Winner et. al, 2011). Within 6 days, the once normal prisoners showed signs of depression and physiological damage experiments close off earlier than expected due to the extreme condition. (Haskings-Winner et. al, 2011) | |  | |  | |