

PSYC 260 (A01) INTRODUCTION TO MENTAL HEALTH & WELLBEING



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Today's Topics



- Psychological perspectives on abnormal behaviour:
 - Psychoanalytic vs. psychodynamic theories
 - Behavioral theories
 - Cognitive theories
- Social perspectives on abnormal behaviour:
 - Family influences
 - Peer influences
 - Culture and societal influences

Psychoanalytic theory



Freud theorized that a person's behavior results from interaction of:

Id
(pleasure principle)

Ego
(reality principle)

Superego
(executive branch)

Psychoanalytic theory



Ego deals with anxiety via ego-defense mechanisms:

- Displacement
- Fixation
- Projection
- Rationalization
- Reaction formation
- Regression
- Repression
- Sublimation

Psychoanalytic theory



Freud's legacy:

- “The talking cure”
- Free association
- Dream analysis
- Psychological factors outside awareness that influence behavior
- Emphasis on early childhood experiences

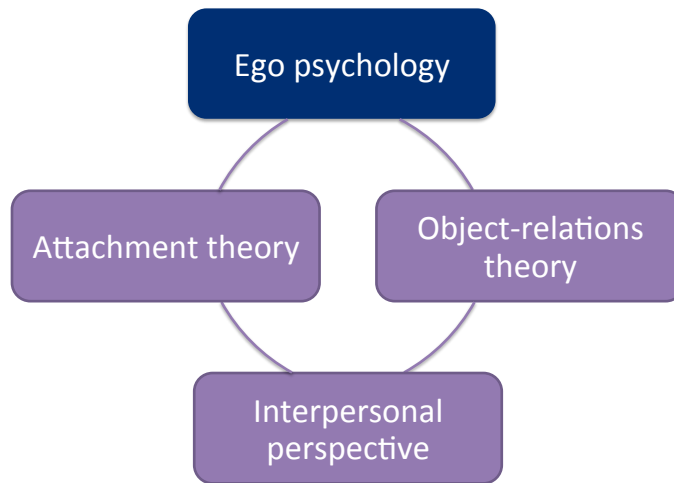
Psychoanalytic theory



Criticisms of psychoanalysis

- Reliance on self-report as primary means of obtaining information -> subject to a lot of cognitive biases
- Lack of evidence to support its etiological models
- Lack of evidence to support efficacy of psychoanalysis as it was originally developed

Modern psychodynamic theories



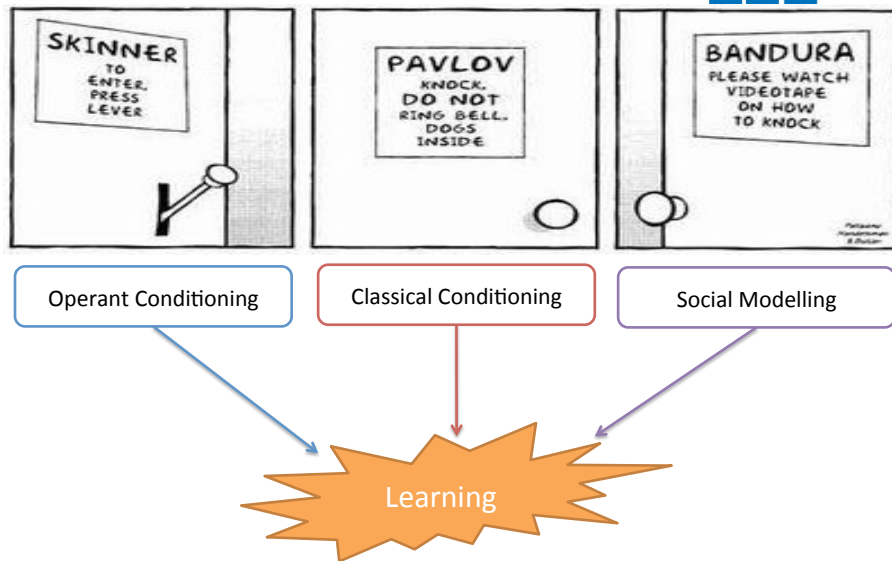
Modern psychodynamic therapy



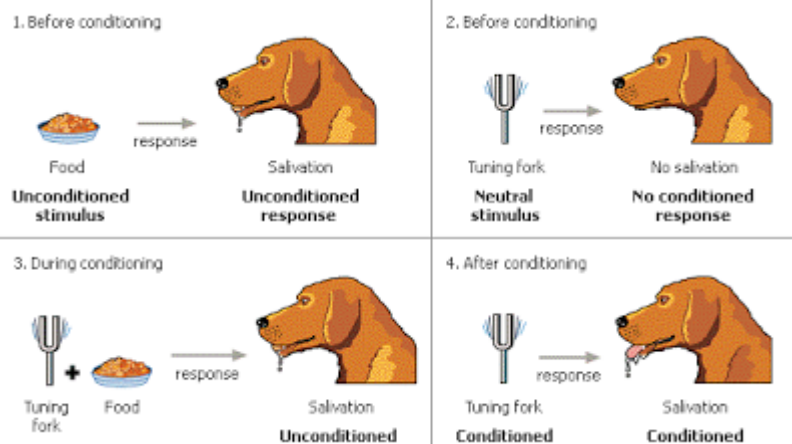
UNLIKE psychoanalysis...

- Theory can generate hypotheses that can be tested
 - Attachment theory makes specific predictions about the relationship between infant behaviour and later psychopathology
- Therapy can be delivered in briefer, smaller dose
- Evidence to support efficacy for some disorders

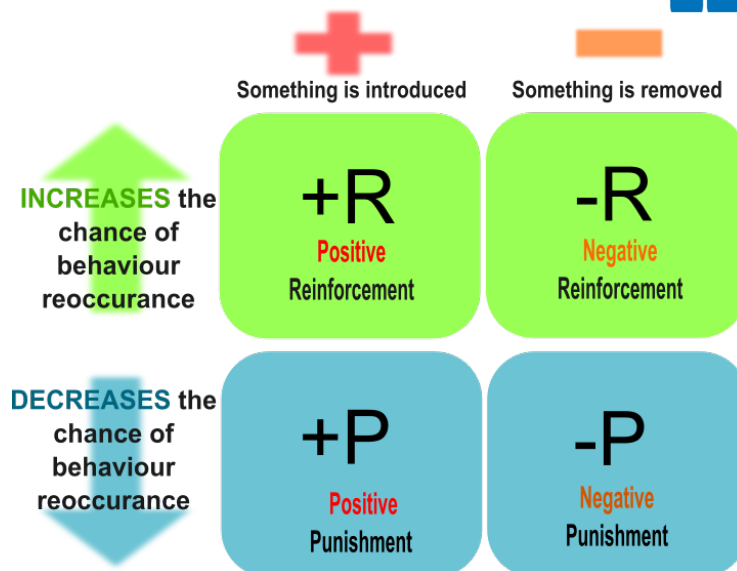
Behavioral theories



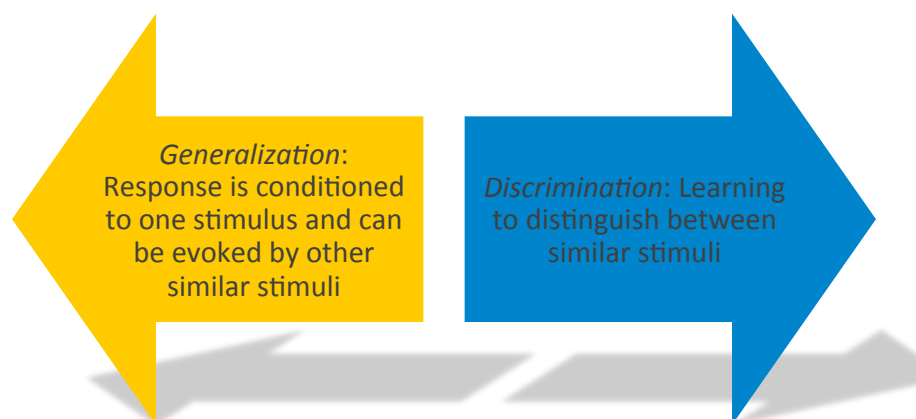
1. Classical Conditioning



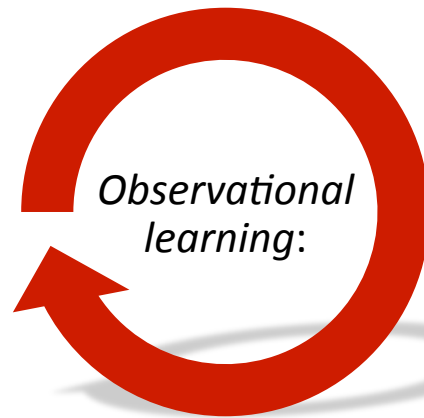
2. Operant Conditioning



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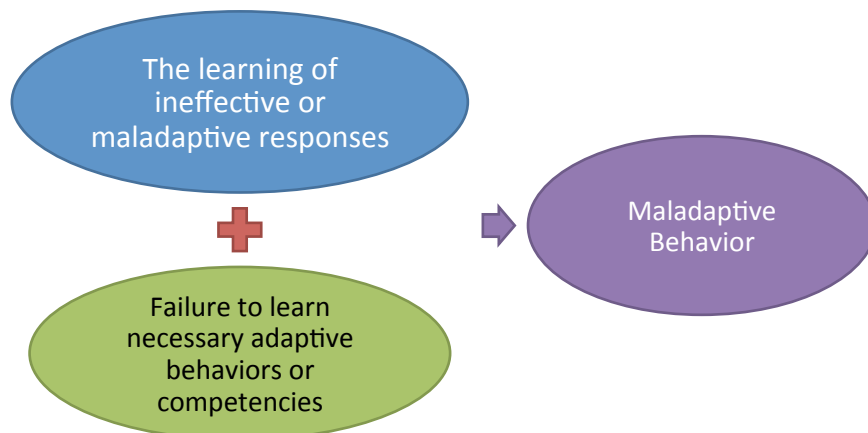


3. Social Modeling



- Learning through observation alone
- Without directly experiencing an unconditioned stimulus

The Behavioral Perspective



The Cognitive Perspective



Cognitive-behavioral perspective

Focuses on how thoughts and information processing become distorted

Internal symbolic processes lead to maladaptive emotions and behavior

E.g., Self-efficacy

The Cognitive Perspective



Schema:

- Underlying representation of knowledge that guides current processing of information

Attributions:

- Process of assigning causes to things that happen

Attributional style:

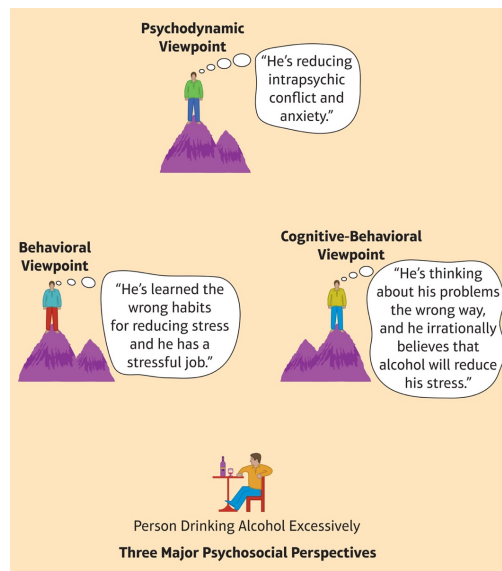
- Characteristic way in which individual may tend to assign causes to bad or good events

The Cognitive Perspective

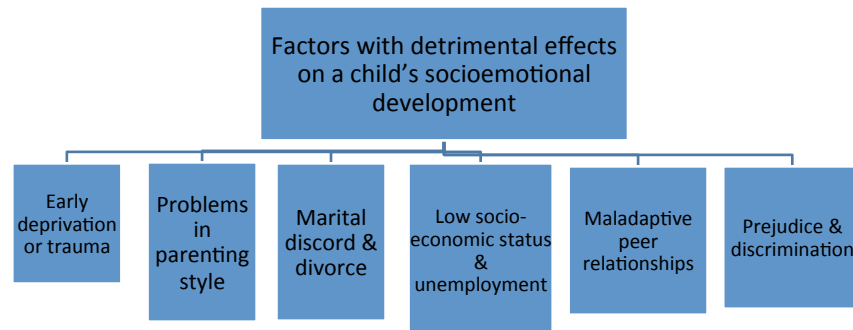


- Assimilation
- Accomodation

Psychological Perspectives



Social Perspectives



Social Perspectives



A parent–child relationship is always bidirectional: the behavior of each person affects the behavior of the other.

Parents who have various forms of psychopathology tend to have 1 or more children at heightened risk for a range of developmental difficulties.

Social Perspectives

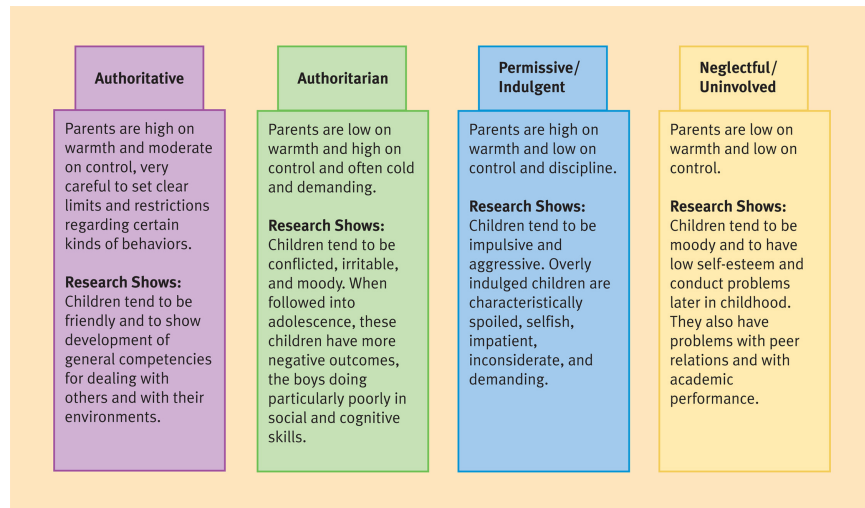
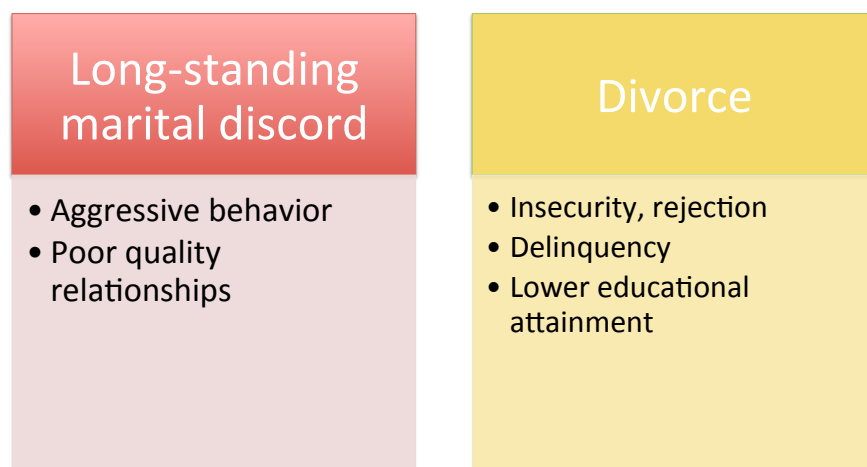


Figure 3.9 Parenting Styles

Social Perspectives



Socioeconomic status



In the U.S., the lower the socioeconomic class, the higher the incidence of mental disorders

Why do you think this occurs?

Socioeconomic status



Sources of popularity

- Prosocial
- Antisocial

Sources of rejection

- Too aggressive
- Too withdrawn

Prejudice & Discrimination



Increased prevalence of certain mental disorders may be related to:

Prejudice against minority groups and women

Perceived discrimination and self-esteem

Cultural Influences



Universality of some disorders

- Certain psychological symptoms are consistently found among similarly diagnosed clinical groups

Sociocultural factors

- Which disorders develop
- Prevalence, course

Cultural Influences



Undercontrolled behavior

Aggression,
disobedience,
disrespect

Less tolerated
by some
cultures (Thai)

Overcontrolled behavior

Shyness,
anxiety,
depression

Less tolerated
by some
cultures (U.S.)

The Social Perspective



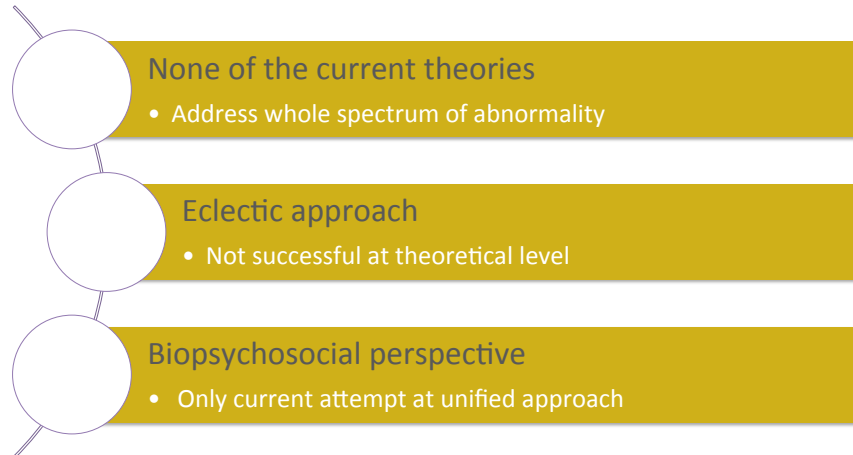
Social Perspective

How environmental
factors can influence
the occurrence of
mental disorders

Programs to improve
social conditions

Community facilities
for the early detection,
treatment, and long-
range prevention

Unresolved Issues



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