

# Module 1.3: Towards a science of Mental Health

- The science of mental illness has produced effective treatments for more “broken-down” people; however, it remains ineffective for preventing more people from “breaking down”.
- **The mental health of Youth warrants attention because:**
  1. More individuals at earlier ages are experiencing a mental disorder. Depression used to first strike adults during midlife, it has become the “common cold” of young adulthood.
  2. Mental illness reduces productivity & costs billions of dollars each year.
  3. Major Depressive D.O. has been linked to increased risk for developing chronic physical diseases such as Coronary Heart Disease & Addictive D.O.
  4. The rate of ‘successful suicides’ (12 per lakh) has remained stable over last 40 years; suicide rate has decreased in elderly; however, tripled in adolescents & young adults.

- To address such issues PS suggests fostering mental health in adults.

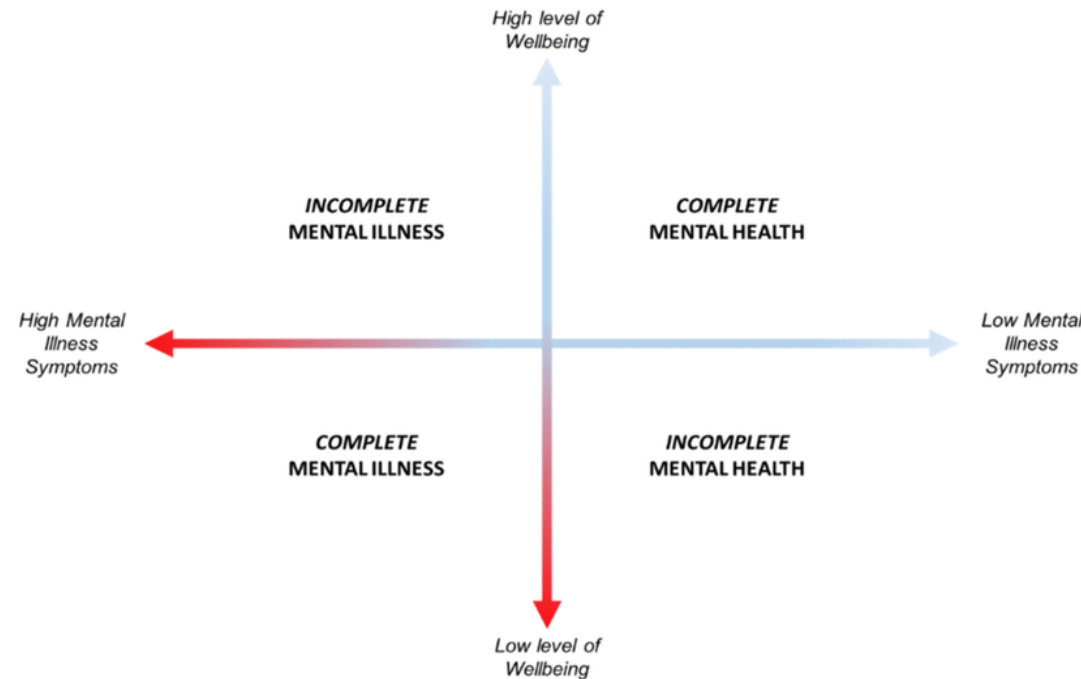
### MENTAL HEALTH: POSITIVE DIAGNOSIS

- Mental health is operationalized as a syndrome/symptoms of **well-being**.
- **Subjective Wellbeing (SWB)** reflects individuals' perceptions & evaluations of their own lives in terms of their affective/emotional states , psychological functioning , & social functioning.

Dimensions of SWB	Predictors
Emotional wellbeing	Happiness or Satisfaction
Psychological wellbeing	Personal Growth
Social wellbeing	Social Integration

Psychological Wellbeing (Components)	Social Wellbeing (Components)
<b>Self-Acceptance:</b> Positive attitude towards self, Accepts multiple aspects of self, Positive about Past life	<b>Social Acceptance:</b> Positive attitude towards people, Acknowledges people
<b>Personal Growth:</b> Feeling of continued development, Open to new experiences, Feels increasingly effective	<b>Social Actualization:</b> Cares society & believes society is positive & can grow
<b>Purpose in Life:</b> Having Goals & a Sense of directions in life, Finds present & past life meaningful	<b>Social Contribution:</b> Feels have something valuable to give to society, feels valued by society
<b>Environmental Mastery:</b> Feels competent, manages complex environment, Choose/ create personally suitable contexts	<b>Social Coherence:</b> Sees a social world that is intelligible, logical & interested in society.
<b>Autonomy:</b> Self-determining, Regulates behaviour internally, Resists social pressures, Evaluates self by personal standards	<b>Social Integration:</b> Feels supported / part of community, Share commonalities with communities
<b>Positive Relations with Others:</b> Have warm, satisfying, trusting relationships, capable of Empathy & Intimacy	--

- Mental Health & Mental Illness are not at opposite end of a single health continuum. Mental health is not merely the absence of mental illness, nor is it merely the presence of high well-being.
- **Mental Health is a complete state consisting of : (a) the absence of mental illness, (b) the presence of high-level well-being.**



- The above model of complete mental health combines the mental illness & mental health dimensions, thereby yielding two states of **mental illness** (complete & incomplete) & two states of **mental health** (complete & incomplete)

