

Notes

September 4, 2014

mental health in US

economic cost of serious mental illness in america is high

mood disorders are 3rd most common cause of hospitalization in the US

increase risk of chronic medical conditions and premature death

illness starts early, treatment often lags behind

clicker

who reports most mental illness? (age group) 18-25

mental health on campus

- 15.4% diagnosed with depression
- 28.4% feeling depressed regardless of diagnosis
- 8.3% receiving treatment

american college health association survey of college student (from book?)

summary of findings

between 20-30% of students report mental illness symptoms

risk factors:

etc....

ways to treat

psychotherapy

- cognitive behavioral therapy
- interpersonal therapy

antidepressant medication

electroconvulsive or transcranial magnetic stimulation therapy

exercise

behavior change therapy

- therapy
 - many types of therapists
 - many types of therapy

- medication
work closely with health professional
- alternative activities
other treatments to enhance results (yoga, meditation, herbs, etc)

therapy

psychotherapy - counseling
cognitive therapy - retrains thought patterns
behavioral - retrains behavior
often approaches used are mixed

mind body connection

a positive mental attitude decreases the risk of disease
mental illness increases risk

blah blah

the lesson of positive psychology

- themes
- positive emotions
- positive traits
- positive institutions

positive psychology:
autonomy, humor, moods, optimism, happiness, self-compassion, emotional intelligence, know yourself, your needs, self-esteem