



Mental Health and Resilience

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Learning objectives

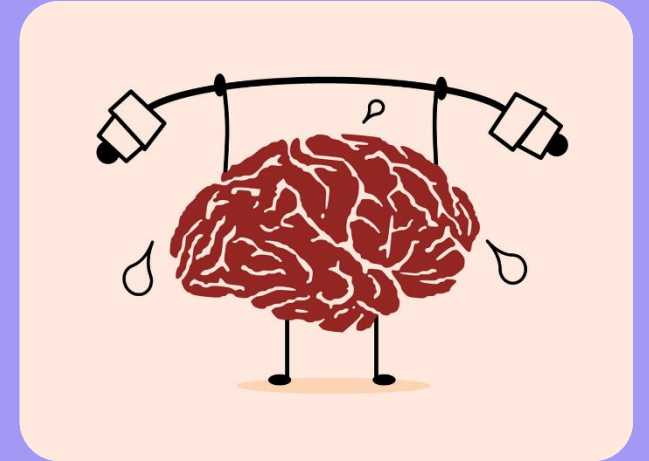
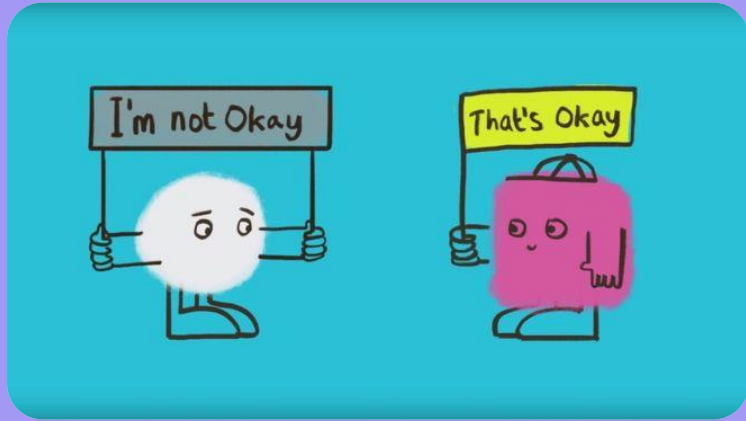
Understand what atypical psychology is and how atypical behaviour is defined

Understand different theories of atypical behaviour and mental health

Understand what resilience is

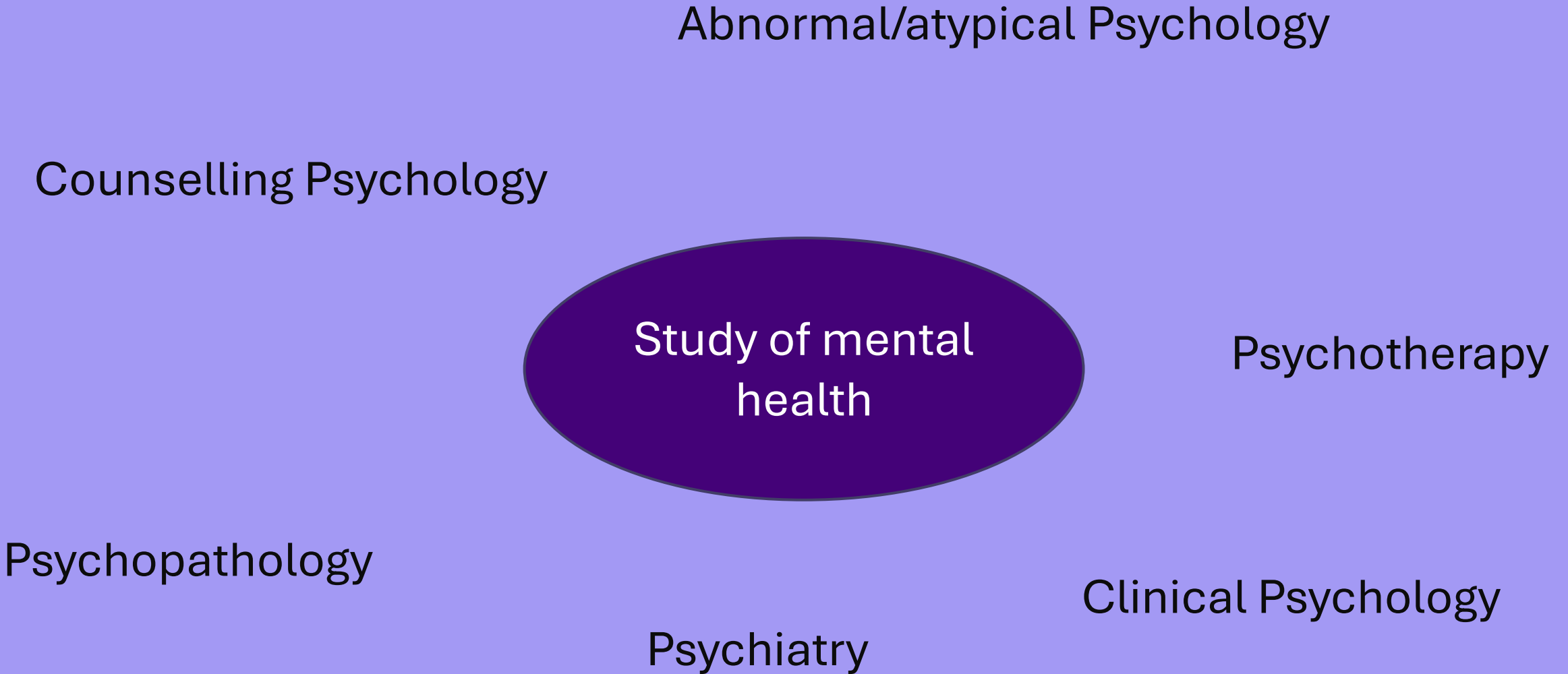
Think about how resilience to mental health problems can be developed

What is mental health?



Abnormal/atypical Psychology

Counselling Psychology



Study of mental
health

Psychotherapy

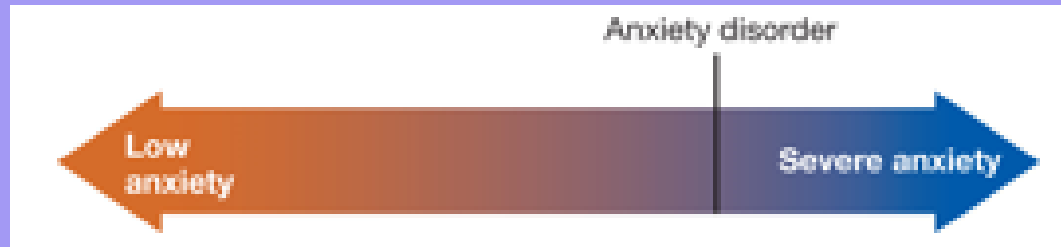
Psychopathology

Clinical Psychology

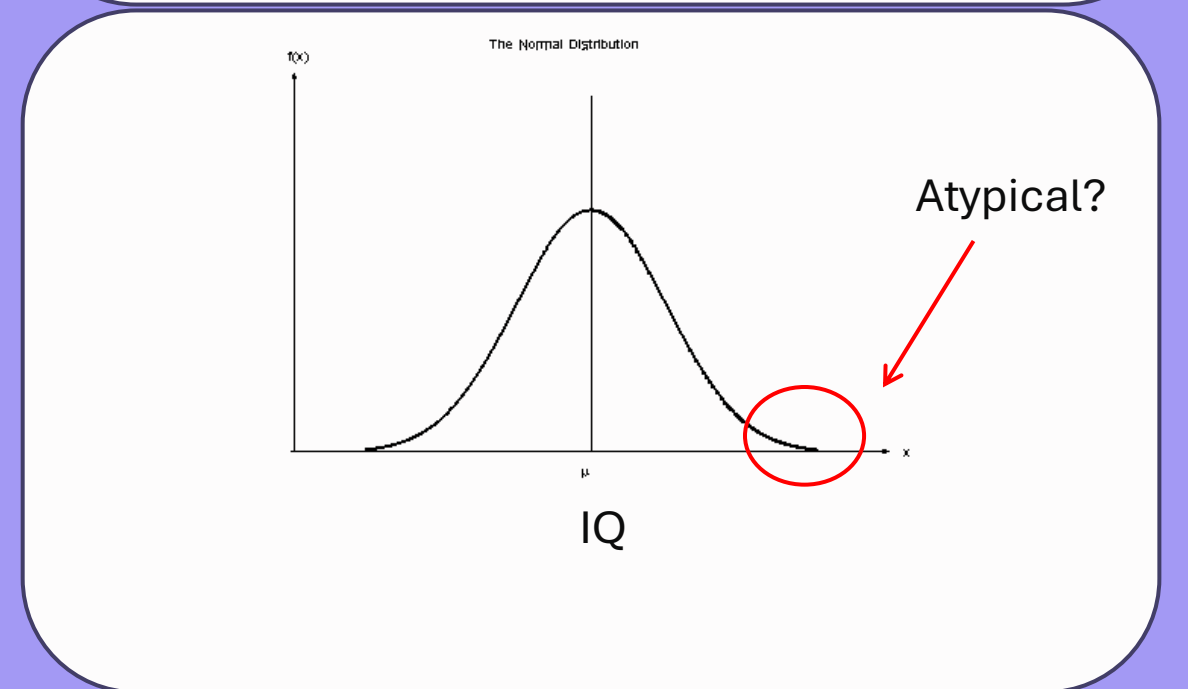
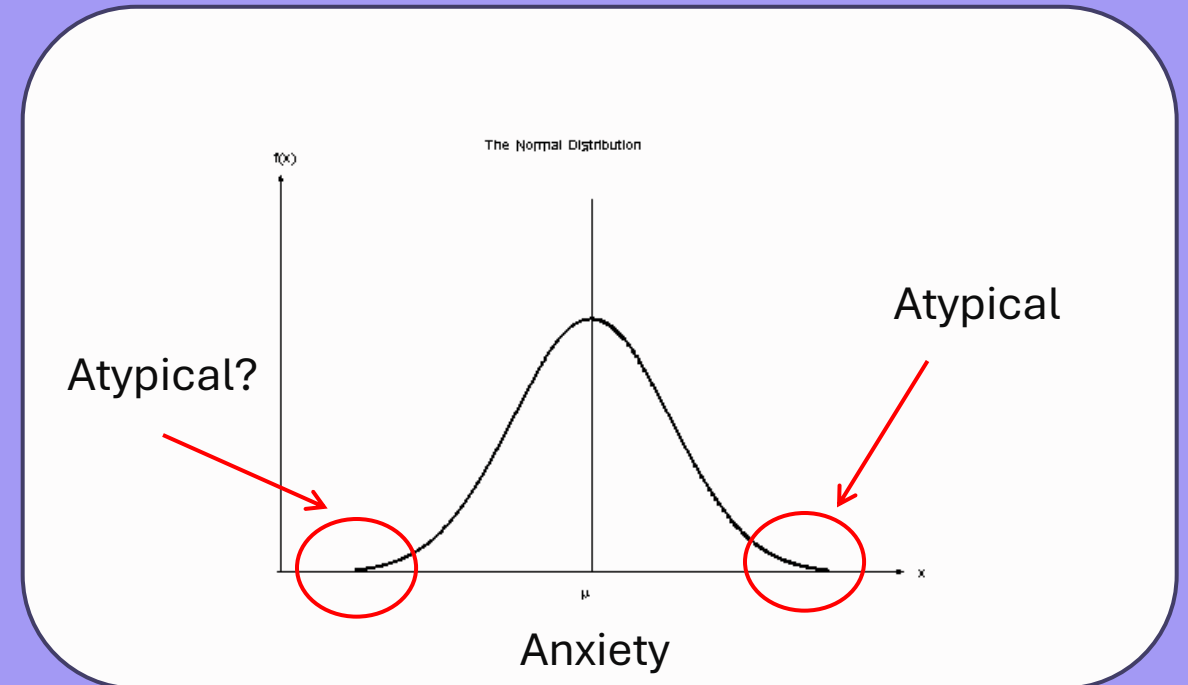
Psychiatry

What is atypical psychology?

Typical and atypical exist on a continuum and slowly fade into one another (Millon, 2004)



Statistic definition: Behaviours that occur very rarely in the general population



What is Atypical psychology?

Ideal Mental Health

Positive attitude towards the self

Self-Actualisation

Autonomy

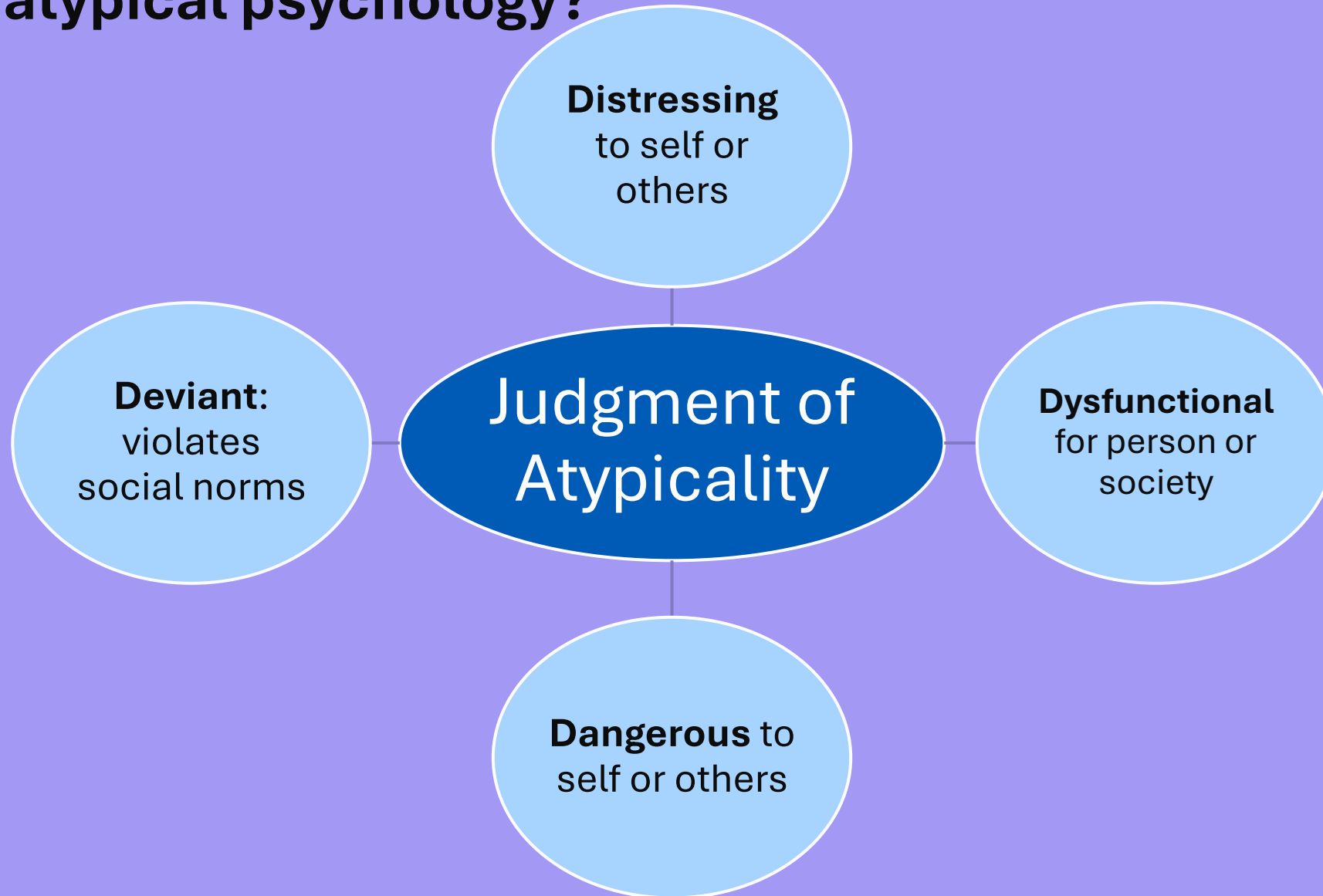
Resistance to stress

Environmental mastery

Accurate perception of reality

Jahoda (1958) Deviation from ideal mental health

What is atypical psychology?



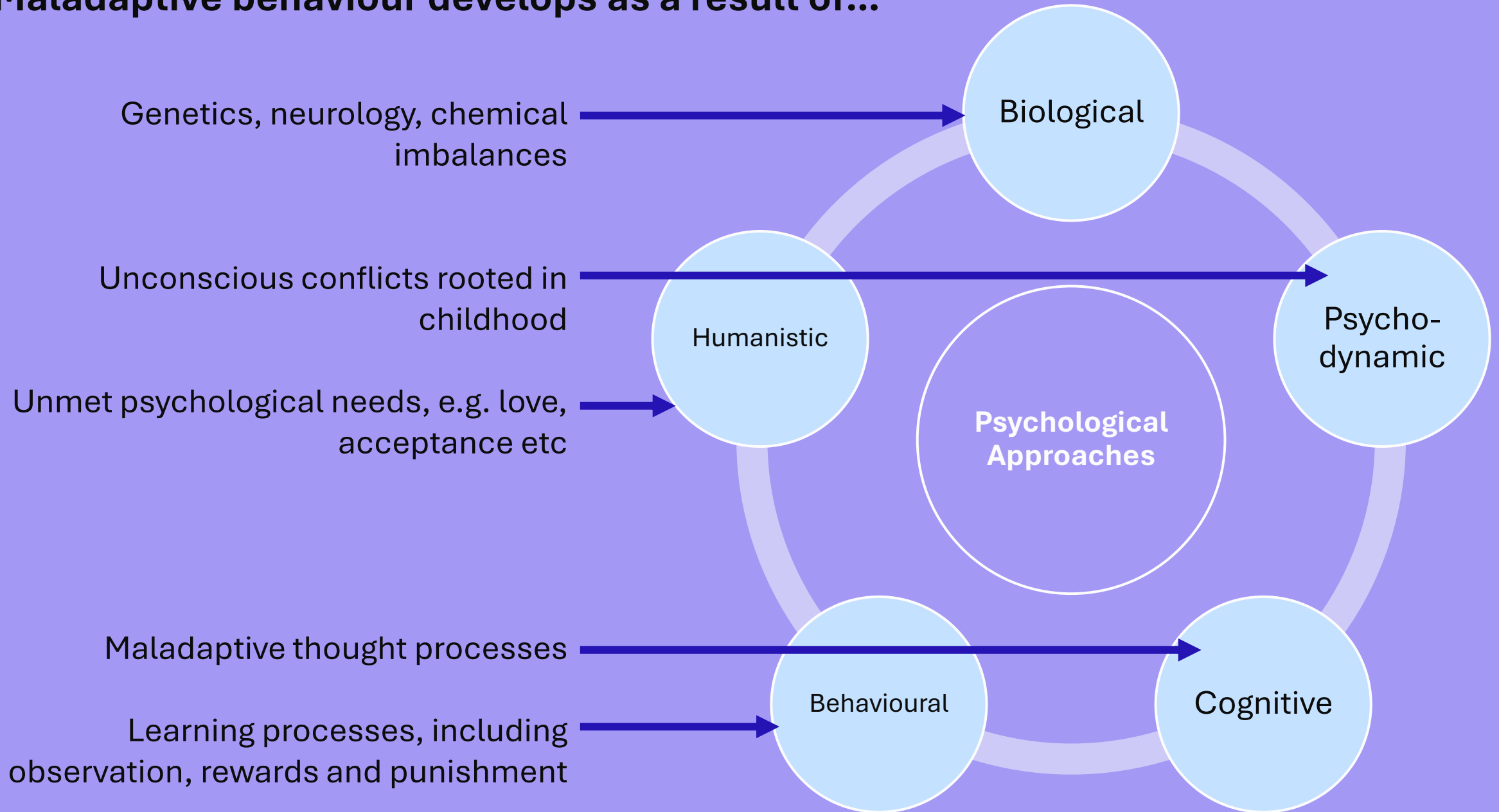
Psychological Approaches to Mental Health

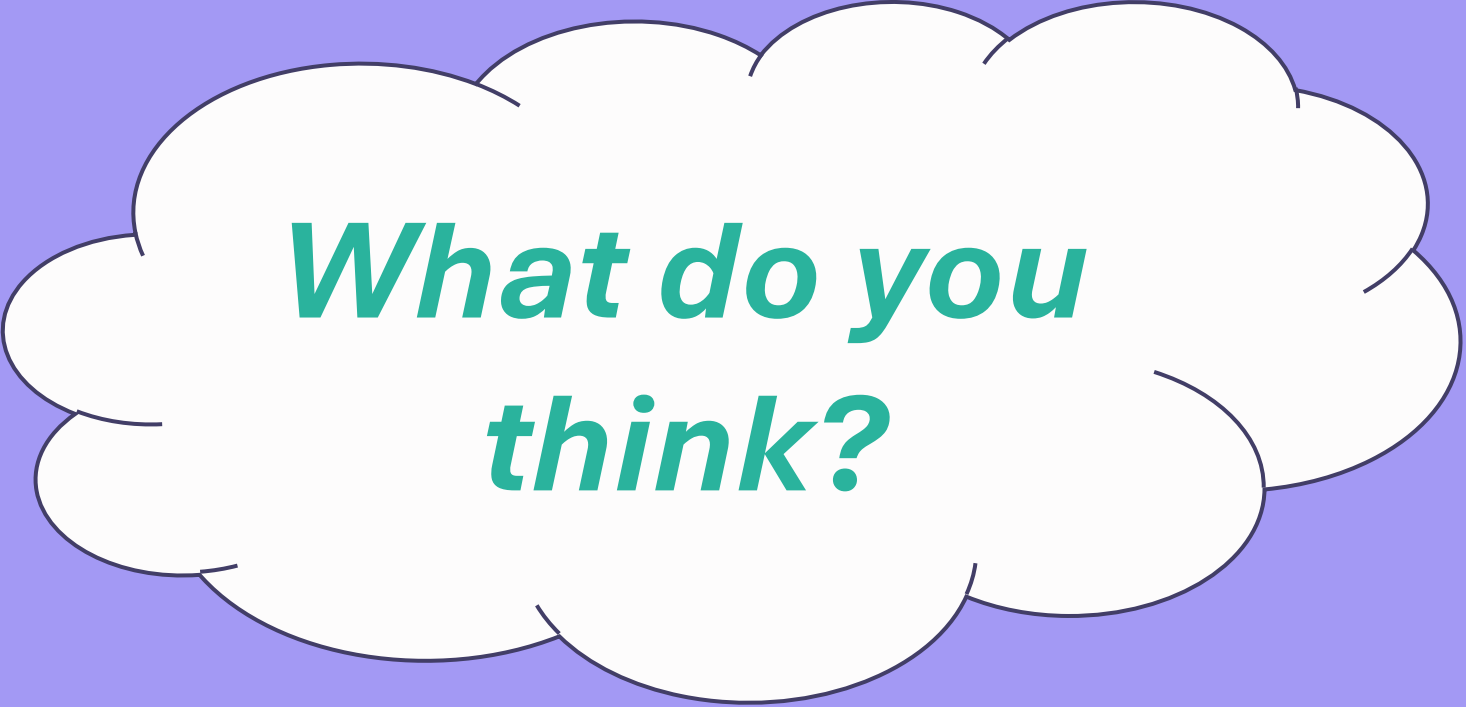
Many different approaches to explaining how maladaptive thoughts, feelings and behaviours develop into mental health conditions

Different theoretical approaches lead to different opinions of appropriate intervention and treatment for mental health conditions



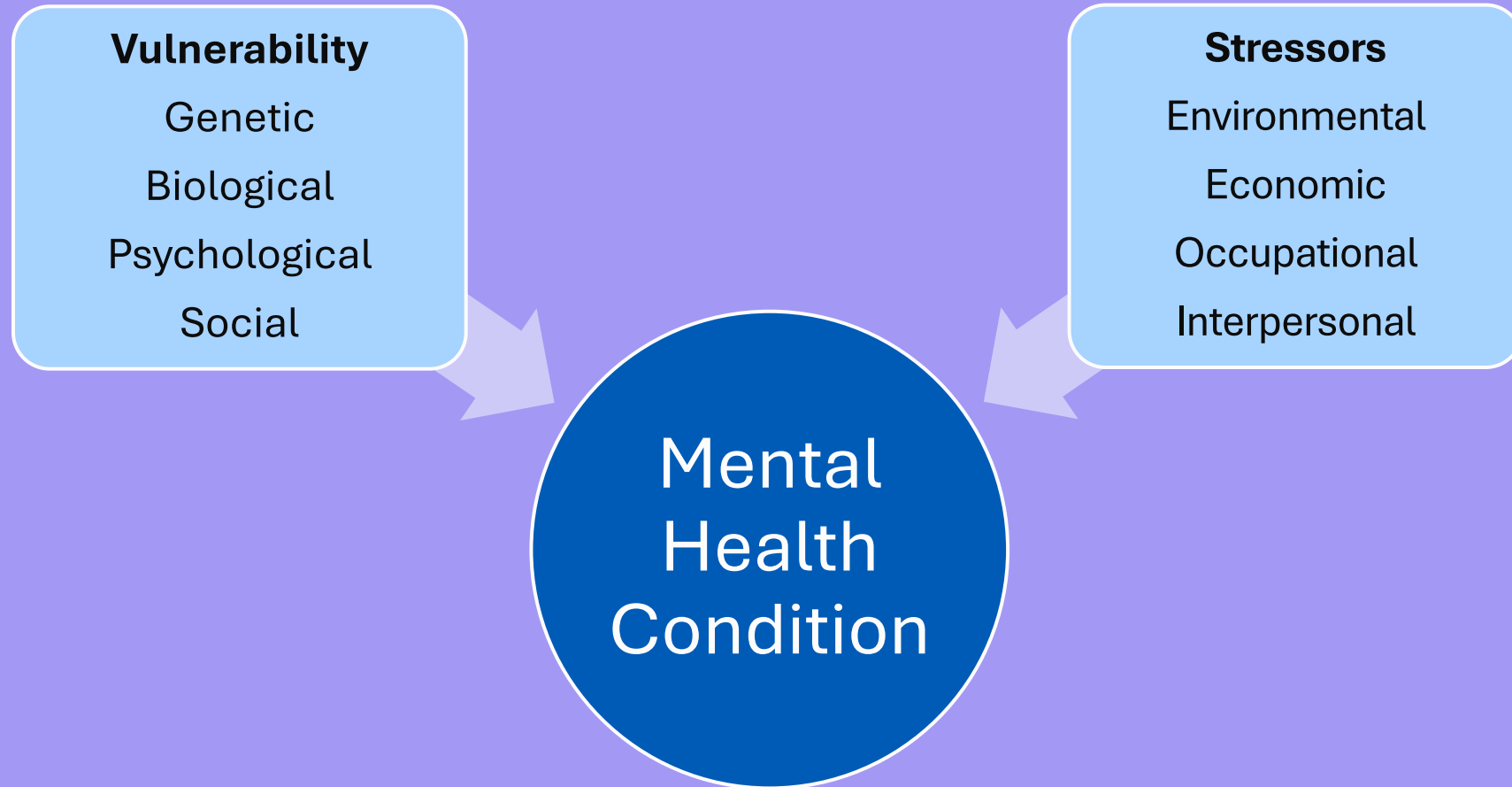
Maladaptive behaviour develops as a result of...





*What do you
think?*

Vulnerability – Stress Model



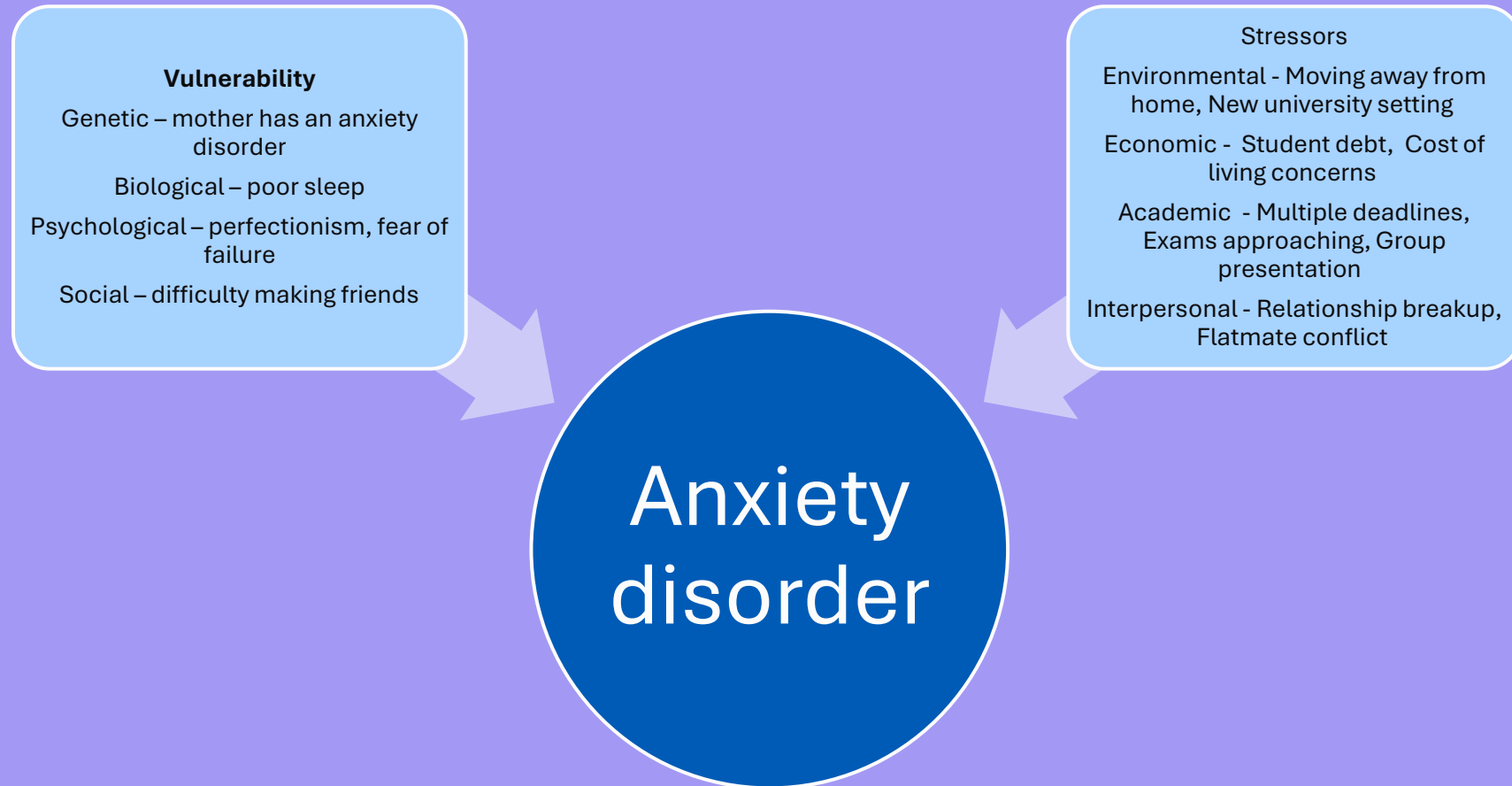
Case Study

Emma is a 19-year-old first-year student who recently moved away from home to attend university. At school, Emma achieved high grades and was known for spending a lot of time checking and improving her work before submitting it. She doesn't sleep well, but has been generally quite happy at home. She enjoys baking, watching crime dramas, and collecting houseplants.

Before university, Emma lived with her parents and had a small group of close friends. Her mother has experienced anxiety in the past which she found challenging, particularly when she wanted to go out with her friends, as this made her mother more anxious.

Since starting university, Emma has needed extra cash, and has been trying to balance her studies with a part-time job in a café. Over the past few weeks, she has had several assignment deadlines due close together and is preparing for a group presentation that contributes significantly to her final grade. Although Emma regularly speaks to family and friends, she misses home and has found it difficult to make close connections with people in her accommodation. Recently, there was a disagreement with a flatmate about cleaning shared spaces. Emma has started staying in her room more often and sometimes struggles to switch off at night because she is worrying about the following day.

Vulnerability – Stress Model



Resilience

Ability to 'bounce back' from adversity: Normal development under adverse circumstances (Fonagy et al 2001)

Studies in the 1970's explored resilience of child in high risk environments (Werner, 1971; Garmezy, 1973, Rutter, 1979)

Across studies, around 2/3 of participants went on to develop mental health conditions

But 1/3 did not – why?

Protective Factors

Connection

Family Cohesion:

Rutter (1978) good parent-child relationship substantial reduces risks of mental health conditions

Extra support systems: other adults, schools, church



Psychological Factors

Positive emotions: e.g., optimism, gratitude, hope Fredrickson (1998, 2001) Positive emotion and coping in the wake of September 11

Self-efficacy and Self esteem: Dumont and Provost (1999)

Coping style: Campbell-Sills et al. (2006) Emotional vs. Task-Oriented coping



Summary

There are many different approaches to conceptualizing and treating mental health conditions

Some people may be more vulnerable to development of mental health conditions than others

Earlier intervention research focuses on exploring the factors associated with resilience to developing mental health conditions