

ASSESSMENT ACTIVITY 5.1

Topic: Treatments of mental disorders

This task should take you between 30 and 40 minutes to complete. It will build on the work you have completed in lessons and help develop your knowledge and understanding.

First, read the following information about mental health in the 21st century to start your mind thinking in the context of this assessment:

The first Global Mental Health Summit took place in September 2009. There is agreement that mental health issues are increasing worldwide, and that effective treatments are not always available. In some cultures these treatments are not acceptable because mental ill health is a taboo area, culturally. For example, there was no word for 'depression' in traditional Chinese. There are also cultures and subcultures where mental illness is regarded as punishment for wrongdoing, for being a bad person. This obviously makes it much more difficult for diagnosis and treatment to occur.

In the UK it is now recognised that young people and even children can have mental health issues. Data suggest that 10 per cent of individuals between five years and 16 years suffer from a treatable mental disorder, and in the USA research suggests that not only do some under-fives suffer from mental ill health but that behaviour traits are identifiable even in toddlers, which shows a predisposition for mental problems.

Questions

Using your knowledge of psychological treatments and therapies, answer the following questions.

1. Explain clearly *either* family therapy for schizophrenia *or* one named type of cognitive therapy for depression.

4 marks

2. What are the key factors for successful community care for schizophrenics?

4 marks

3. Explain how TWO named antidepressant drugs have their effect, and give TWO criticisms of their use.

4 marks

4. Discuss the effectiveness of antipsychotic drugs in the treatment of schizophrenia.

8 marks