

Contemporary Issues in Abnormal Psychology

● By

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Three Subcategories of Prevention

● Universal Interventions

- Efforts aimed at influencing the general population

● Selective Interventions

- Efforts aimed at a specific subgroup of the population that would be considered at risk for developing mental health problems

● Indicated Interventions

- Efforts that are directed to high-risk individuals, who are identified as having minimal detectable symptoms of mental disorder but do not meet criteria for diagnosis.

Perspectives on Prevention

● Universal interventions

- Biological measures

- Good Health Habits (Exercise and Diet)

- Psychosocial measures

- Develop Skills

- Acquire an accurate frame of reference

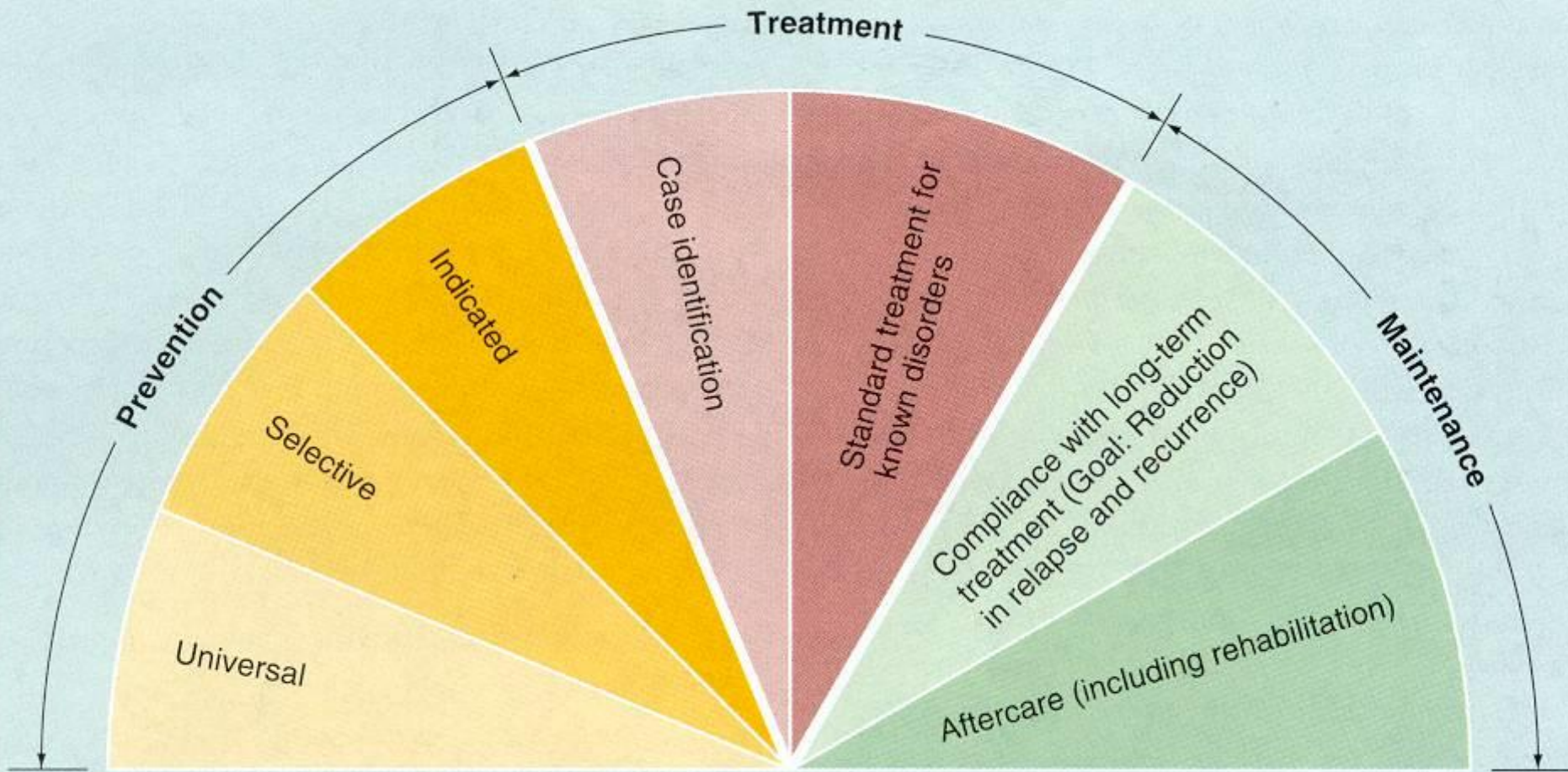
- Becoming prepared for problems related to life cycle

- Sociocultural measures

- Reciprocalism between the individual and society

- Improve social conditions (consider socioeconomic)

Perspectives on Prevention



Perspectives on Prevention

● Selective interventions

- Education programs
- Intervention programs for high-risk teens
- Parental education and family-based intervention programs
- Peer group influence programs (pos. peer culture)
- Programs to increase self-esteem (social skills)
- Mass media and modeling program (
- Combined prevention programs

Perspectives on Prevention

● Indicated intervention

● Crisis intervention

- Short-term crisis intervention
- Telephone hot line
- Immediate crisis intervention services
- Crisis telephone hot-line counseling services
- Postdisaster debriefing sessions



Mental Hospitals as Therapeutic Communities

- Milieu therapy (environment)
 - Increase involvement, clear communication and expectations.
- A social-learning treatment program
 - Uses learning principles (token, levels, etc.)
- Traditional mental hospital treatments
 - Pharmacotherapy, occupational therapy, recreational therapy, individual and group therapy.
- Aftercare programs
 - Reintroduce or gradual return to environment

Controversial Legal Issues and the Mental Disordered

- The commitment process
 - Dangerous to themselves, or to others
 - Incapable of providing for their basic physical needs
 - Unable to make responsible decisions about hospitalization
 - And/or in need of treatment or care in a hospital



Controversial Legal Issues

- Forensic Psychology – Branch of psychology dealing with legal problems relating to mental disorders and the legal rights and protection of mental patients.
 - Centers on the rights of mental patients and the rights of members of society to be protected from disturbed individuals and vice versa.
 - Examples include: right to refuse treatment, right to be treated in less restrictive environment, right to treatment, etc...

The Commitment Process

- Voluntary Commitment

- Involuntary Commitment

- A person who is judged to be potentially dangerous due to their psychological state may be confined in a mental institution.
 - May or may not include legal charges
- The individual must be judged as:
 - Dangerous to themselves, or to others.
 - Incapable of providing for their basic physical needs
 - Unable to make responsible decisions about hospitalization
 - And/or in need of treatment or care in a hospital

The Commitment Process (cont)

- Petition for a commitment hearing is filed
- Judge appoints two examiners
- Hearing occurs within 14 to 30 days
- Case is reviewed after 60 days of hospitalization
- The law allows emergency hospitalization without a formal commitment hearing if “imminent danger” exists for up to 72 hours

Assessment of Dangerousness I

- Prediction is difficult
- Typically Err on Conservative Side
 - Practitioners Overpredict Violence
 - We aren't as good at prediction as we would like to be
- Increased risk with
 - Alcohol Use
 - Current Psychotic Symptoms
 - Manic Individuals
 - Past History of Violence

Assessment of Dangerousness II

● Methods of Assessment

- Predisposing Personality + Environmental Instigation = Dangerous Act
- Personality Assessed by Personality Tests and Past Behavior/History
- Environmental Instigation is Difficult to Predict
- Very Difficult to Assess Dangerousness in Overcontrolled Individuals

Assessment of Dangerousness III

● Duty to Protect (Tarasoff Decision)

- Resulted from 1976 Court Decision
- Therapist has a duty to warn a prospective victim of any explicit threat made by a client in a therapy session.
- Has been inconsistently applied.
- Best guide is to make a reasonable effort to assess and warn.

Insanity Defense (NGRI) I

- NGRI used in less than 2% of court cases
 - The M'Naughten Rule (common)
 - The Irresistible Impulse Rule
 - The Durham Rule
 - American Law Institute Standard (common)
 - Federal Insanity Defense Reforms Act

Insanity Defense (NGRI) II

● NGRI successful if:

- previous mental illness diagnosis exists
- the defendant is female
- the case does not involve murder
- the individual was previously hospitalized

● Guilty But Not Mentally III (GBMI)

- Go to tx facility rather than prison

Deinstitutionalization I

- Deinstitutionalization – movement to close mental hospitals and to treat people with severe mental disorders in the community
- Reduced psychiatric population by 73% from 1970-1992.
- Role of antipsychotic medications
- Many unforeseen problems occurred
- Homeless (33% chronic mental disorder and 84% abuse various substances)

Deinstitutionalization II

- Research indicates that deinstitutionalization is unsuccessful if continuing care in the community is not available.
- 70% of all \$ spent on mental health in US is on hospitalization
- Effects of Privatization of Mental Health are Many
- Who is hospitalized?
 - More socioeconomically advantaged
 - HMO members
 - Nursing homes are now most common setting for the chronically mentally ill

Perspectives on Prevention

● Prevention Classification

- Universal Interventions (define and example)
- Selective Interventions (define and example)
- Indicated Interventions (define and example)

● Which if any of the approaches have been effective at decreasing drug abuse?

Challenges for the Future I

● The Crisis in Mental Health Care

- Rise in treatment cost

- Biggest future challenge will be getting services to those who need them

- Free clinics and crisis centers have high staff burnout

- Less often reimbursed

- Less available

Challenges for the Future I

- Managed health care
 - Pharmacotherapy most common treatment
 - Focused, Brief, Intermittent Treatment
 - Individual psychotherapy discouraged
 - Managed care gatekeepers are not clinicians and conflicts arise in differences and lack of understanding
 - Clinicians have left the field or require cash pay
- The field of Psychotherapy is being most dramatically altered by economic trends in the health care industry