

Mental Health and Mental Illness

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MENTAL HEALTH CHARACTERISTICS:

Health: is a state of complete physical, mental, social and spiritual well being, and not merely the absence of disease (WHO) .

Mental health: is the balance between the development of individual personality and emotional attitudes, which enable a person to live harmoniously as a human beings.

The criteria of mental health:

- 1- Adequate contact with reality.
- 2- Control of thought.
- 3- Efficiency in work and play.
- 4- Social acceptance.
- 5- positive thinking-concepts.
- 6- a healthy emotional life.

The characteristic of mentally healthy person are:

- 1- a will – adjusted person has some insight and understanding of his motives, desires, his weaknesses and strong points, he lives in the world of reality.
- 2- He has a sense of personal worth, feel worthwhile and important.
- 3- He has a sense of personal security.
- 4- He solves his problems largely by his initiative and effort.
- 5- He has a sense of responsibly.

✦ The characteristic of mentally healthy person are:

- ✦ 6- He feels that he is wanted and loved.
- 7- He can give and accept love.
- 8- He plans a head but dose not fear the future.
- 9- He dose not evade responsibility or duty.
- 10- He lives in a world of reality.
- 11- He shows emotional maturity in his behavior.
- 12- He can make own decision.

Mental illness:

Mental illness: it is a disturbance of the relationship between the adaptive capacity of an individual on the one hand and his environment on the other. A mentally sick person is unable to cope with the stress and strain of life.

-Any deviation in mental equilibrium will result in mental disorder.

-Mind expresses its discomfort through, feeling and behavior .

Causative factors of mental illness

- ◆ Genetics
- ◆ Biology
- ◆ Personality
- ◆ Socio-economic status
- ◆ Life events



Symptoms of mental illness

- ◆ Change in thinking
- ◆ Change in Mood
- ◆ Change in behavior
- ◆ Inability to function as needed over an extended period of time



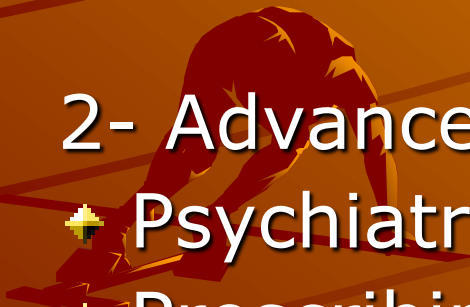
Role of psychiatric mental health nurses involve

1- Normal nursing roles:

- ✦ Psychiatric assessment
- ✦ Patient and family education
- ✦ Basic psychotherapeutic practice

2- Advanced practice role

- ✦ Psychiatric diagnosis
- ✦ Prescribing single emergency doses
- ✦ Modifying doses of wide ranging psychotropic medication
- ✦ Autonomy in admission and discharge



Thank you for listening

