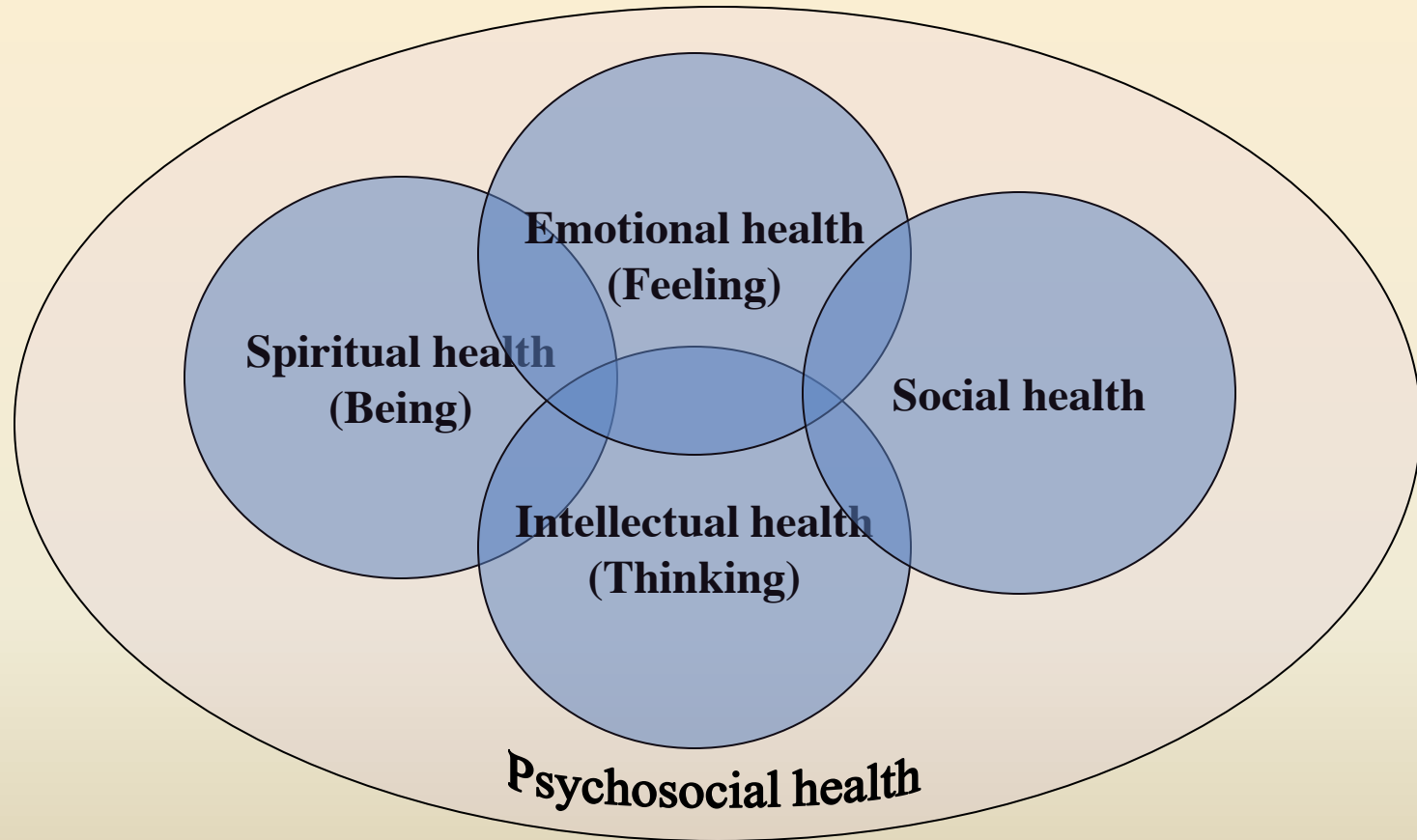


# Psychosocial health: preview


- Definition of psychosocial health
- Characteristics of psychosocial health
- Components of psychosocial health




# Components of psychosocial health




# Characteristics of psychosocial health

1. They feel good about themselves and are not overwhelmed by fear, love, anger, jealousy, guilt or worry
2. They feel comfortable with other people and have satisfying and lasting personal relationships. They do not take advantage of others, nor do they allow others to take advantage of them. They freely express positive and negative feelings
3. They  \_\_\_\_\_ by being aware of fatigue levels, monitoring anxiety and disorganization and by pacing themselves.
4. They recognize the underlying causes and symptoms of stress, anxiety in their lives and consciously struggle to avoid illogical or irrational thoughts, unnecessary aggression, hostility, excessive excuse and blaming others for their problems

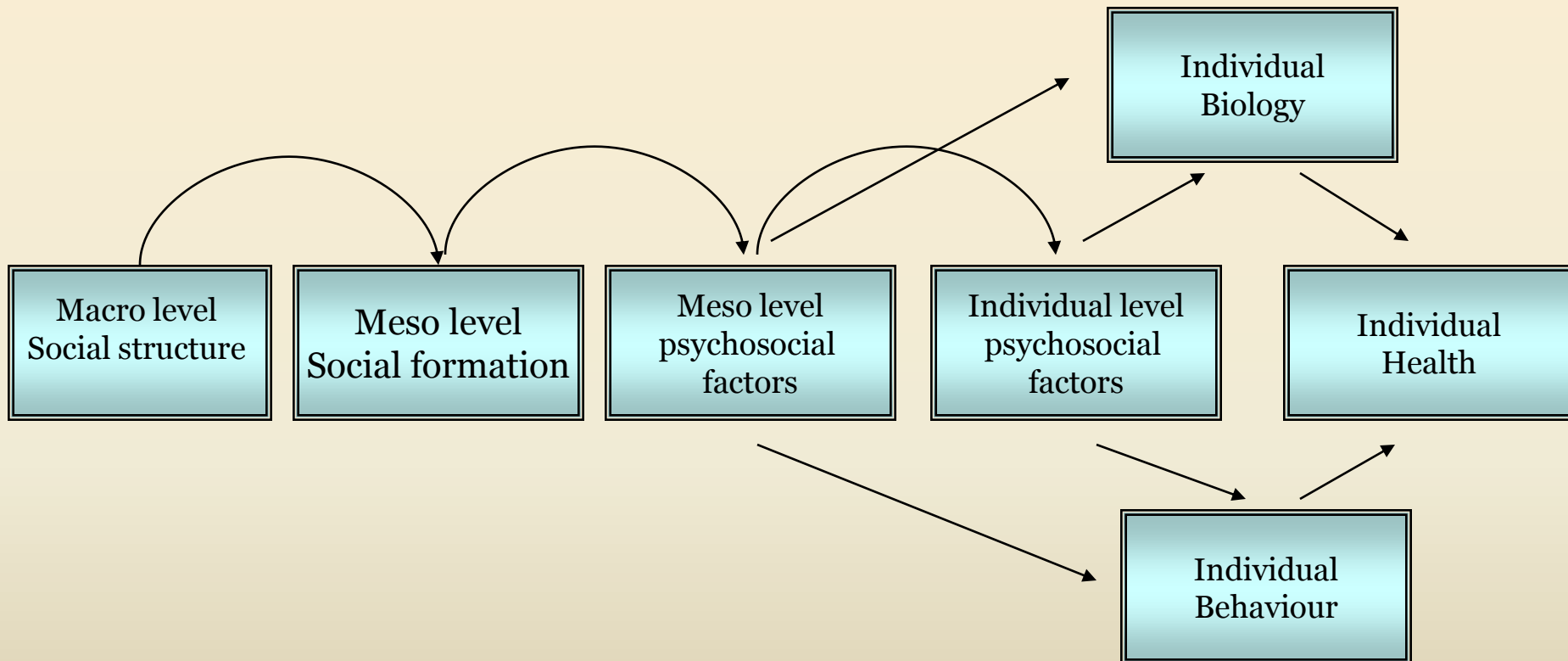
# Characteristics of psychosocial health

5. They are able to meet the demands of life. They try to solve problems as they arise, accept responsibility and plan ahead. They set realistic goals, think for themselves and make independent decisions. They are flexible and willing to change while accepting the inevitable when they must
6. They curb hate and guilt and tend not to respond with hate anger, thoughtlessness, selfishness, vengeful acts or feeling of inadequacy
7. They  and approach each day with a presumption that things will go well.
8. They believe that life is a gift and are determined to enjoy it on a moment-to-moment basis rather than wander through it aimlessly


# Characteristics of psychosocial health

9. They enrich the lives of others for they recognize that there are those whose needs are greater than their own.
10. They seek to  by doing such simple things as giving ride to an elderly neighbour who cannot drive, bringing flowers to someone who is in pain, volunteering at community agency etc.
11. They cherish the things that make them smile and make a special place in their lives for memories of the past
12. They value diversity for they do not fear difference. They do not feel threatened by people who are of a different race, gender, religion, sexual orientation, ethnicity or political bent
13. They appreciate nature and take time to enjoy their surroundings

# Schematic representation of psychosocial pathways



# 1. Intellectual health

- It represents the thinking part of you
- It assists you to sort through the clutter of events, contradictory messages and uncertainties of a situation and attach meaning to it
- It assists you in defining your  about your body, your family, your relationships and your life in general.
- An intellectually healthy person is likely to respond in a positive way even when things do not go as expected.
- Deteriorating intellectual health may lead a person to become cynical and distrustful, experience volatile mood swings or choose to be isolated from others. These events may pave the way for mental illnesses

# Intellectually healthy and unhealthy

## Bart receives a D on an exam

- **Intellectually healthy**


- Assesses the cause
- Deals with the situation constructively
- Talks with instructor and obtain advice
- Determine ways to improve the mark in the ensuing exam

- **Intellectually unhealthy**

- Responds irrationally
- Blames the instructor
- Work up a crises in life
- May decide to quit school and the course
- Blame the colleagues and everybody else



## 2. Emotional health

- It represents the feeling part of psychosocial health.
- Emotions are intensified feelings or complex pattern of feelings that a person experiences (loving, caring, hating, hurt, despair, joy, etc.)
- There are four basic types of emotions
  1. Emotions arising from  harm, loss or threats
  2. Emotions resulting from benefits
  3. Borderline emotions, such as hope and compassion
  4. More complex emotions such as grief, disappointment, bewilderment and curiosity

## 2. Emotional health

- Emotionally healthy people are usually able to respond in a stable and appropriate manner to upsetting events
- Emotional turmoil may seriously affect your ability to think, reason or act in a rational way
- Emotional health also affects social interactions for people in the midst of emotional turmoil, may be grumpy, nasty, irritable or overtly quiet, so their friends may avoid them, when they are most in need of emotional support
- Emotionally unhealthy people are more likely to let their feelings overpower them, and are more likely to suffer from the consequences thereof

# 3. Social health

- Social health is the part of psychosocial health dealing with our interactions with others and our ability to adapt to social situations.
- Socially healthy people are able to listen, to express themselves, to form healthy relationships, to act in a socially acceptable and responsible way and to find a best fit for themselves in the society
- Social health is important to sustainable health and two factors that are important in social health are:
  - Presence of strong social bonds
  - Presence of social supports
- Lack of social health leads to aggressive acts of prejudice and bias towards other individuals or groups

# Factors of social health (1)

1. Presence of strong social bonds. These bonds have six major functions
  - a) Providing intimacy
  - b) Providing a feeling of belonging or integration with a group
  - c) Providing opportunities for giving or receiving nurturance
  - d) Providing reassurance to one's worth
  - e) Providing assistance and guidance
  - f) Providing advice

In general people with social bonds manage stress more effectively and are much more resilient to crisis

# Factors of social health (2)

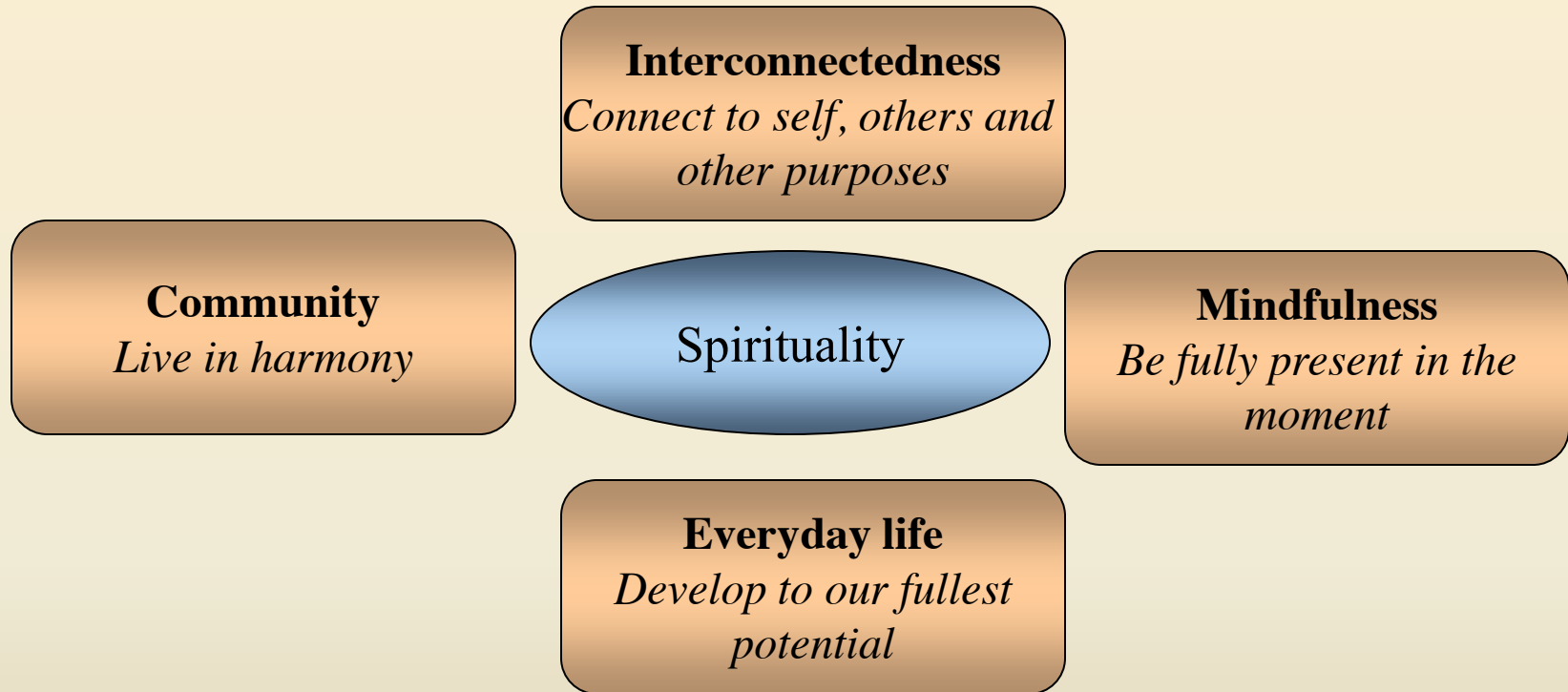
## 2. Presence of key social support

- Social supports bring positive benefits to the individual
- Social supports can be either expressive (emotional support, encouragement) or structural (housing, money)
- Families provide both structural and expressive support to children
- Social support can be provided by friends and family (informal support) or by professionals, agencies and clinics (formal support)

## 4. Spiritual health

- Spiritual health refers to possession of a belief in some unifying force that gives purpose or meaning to life or a sense of belonging to a scheme of existence greater than merely personal
- For some people this unifying force is nature, for others it is a feeling of connection to other people; for others, the unifying force is God or other spiritual symbol
- Many people during their formative years are preoccupied with themselves and are egocentric
- However, around midlife or faced with crisis they move to look for meaning in what is happening around them and look towards the supernatural
- As people develop as spiritually healthy beings, they begin to recognize who they are as unique individuals and reach a better understanding of their strengths and shortcomings and their place in the universe

# Major themes of spirituality



## Spiritual health

It reflects our values, beliefs, and perceptions of the world and all living things

# Factors that influence psychosocial health

- Why are some people psychosocially healthy and how can one improve one's psychosocial health
  - External influences
    - Influences of the family
    - Influences of the environment
  - Internal influences
    - Self-efficacy and self-esteem
    - Learned helplessness versus learned optimism
    - Personality
    - Life span and maturity
  - Resiliency and developmental assets

# Factors that influence psychosocial health

1. External influences: are those factors in our life that we not control, such as who raised us and the physical environment in which we live
  - Influences of the family :
    - Children raised in healthy, nurturing, happy families are more likely to become well adjusted productive adults.
    - Whereas, children raised in families in which violence, sexual, physical or emotional abuse, negative behaviours, distrust, anger, drug abuse, parental discord or other characteristics may have a harder time adapting to life
  - Influences of the greater environment:
    - Children raised in environments where crime is rampant run the risk of psychological problems.
    - A positive role in the midst of chaos or a high level of self esteem may help children from worse environments remain healthy and well adjusted
    - Access to psychosocial health and other health services also has a positive influence

# Factors that influence psychosocial health

## 2. Internal influences: Many internal factors contribute to shape an individual and develop his personality

- Some of these factors include: hereditary traits, hormonal functioning, physical health status and selected elements of intellectual and emotional health.
- During formative years, successes and failures in school, in athletics, in friendship, in jobs, in relationships shape preconceptions and beliefs about personal worth and ability to act to help themselves. “These precepts and beliefs become internal influences of psychosocial health (self efficacy)” – Albert Bandura
- If one was always successful in the past, one will undoubtedly expect to be successful in the future. However, if one has negative thoughts, failure may be inevitable

# Factors that influence psychosocial health

- **Internal factors (contd.)**
  - People with high level self efficacy are more likely to feel that they have personal control over situations
  - Self-esteem refers to one's sense of self-respect or self-worth
  - Martin Seligman has proposed that people who continually experience failure may develop a pattern of responding known as learned helplessness, in which they give up and fail to take any action
  - Personality determines how individuals react to challenges of life. It also determines how we interpret the feelings we experience and how we resolve the conflicts we feel on being denied the things we need or want
  - Exact determinants of personality are not known. However, as we move through the stages of our life we learn to control our emotions as we advance towards adulthood

# Personality traits

- Personality traits of psychosocially healthy people
  - Extroversion (ability to adapt to a social situation)
  - Agreeableness (ability to conform, be likable and demonstrate friendliness)
  - Openness to experience (willingness to demonstrate curiosity and independence)
  - Emotional stability (ability to maintain social control)
  - Conscientiousness (dependability, demonstration of self-control, discipline)
- Resiliency (ability to cope and thrive is greater in certain individuals with certain personality traits)

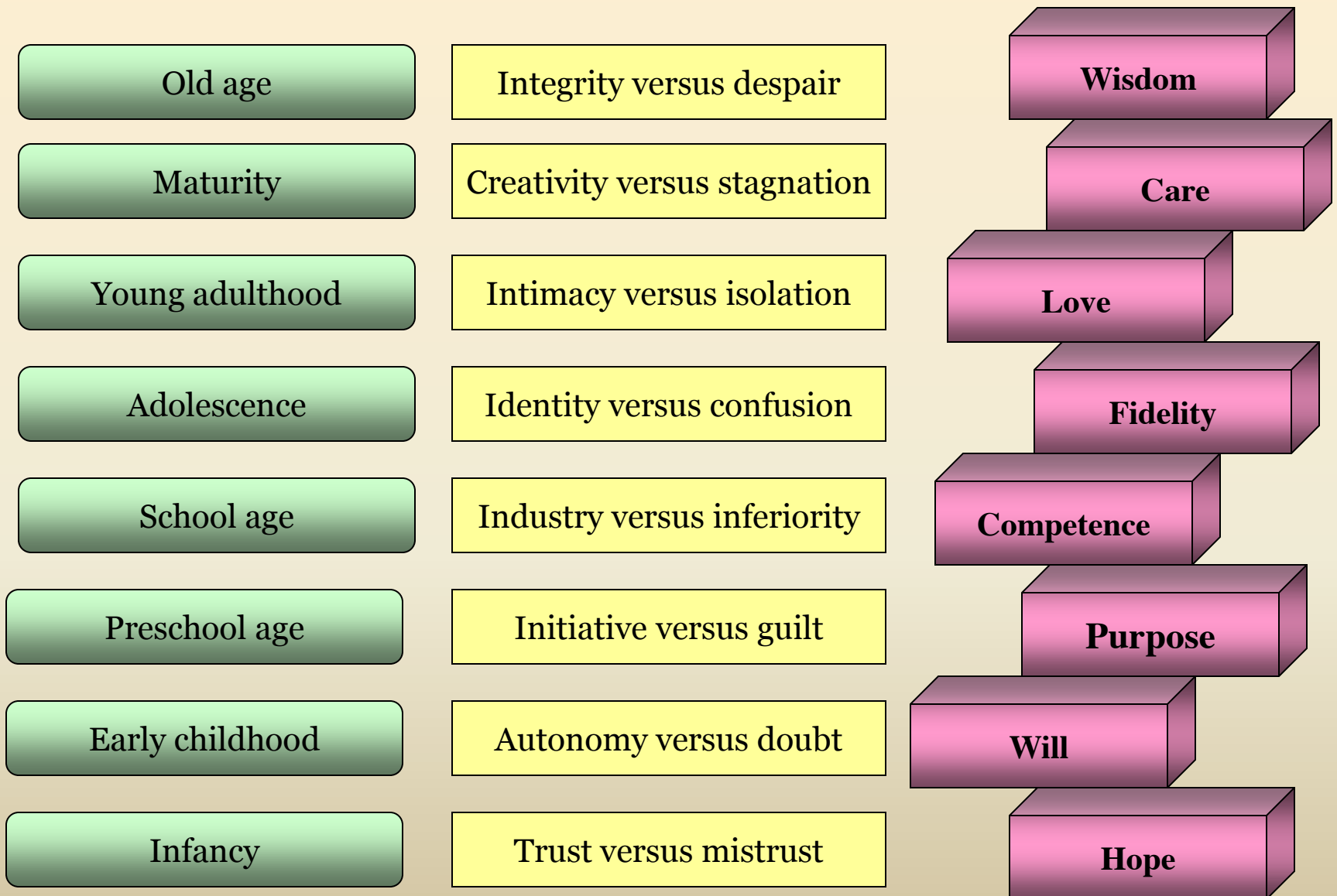
# Personality (1)

- Modern effort to understand the development of human personality began with Sigmund Freud (1856-1939).
- Each person has three conflicting personality forces: id, ego and superego
  - Id is our unconscious desire for immediate gratification of wants and needs . Id is the set of uncoordinated instinctual trends
  - Ego seeks to restrain the id
  - Superego is the force that serves as our conscience or moral monitor
- Skinner developed the precepts of behavioural psychology, wherein he stated that all behaviour is learned through a system of rewards and punishments

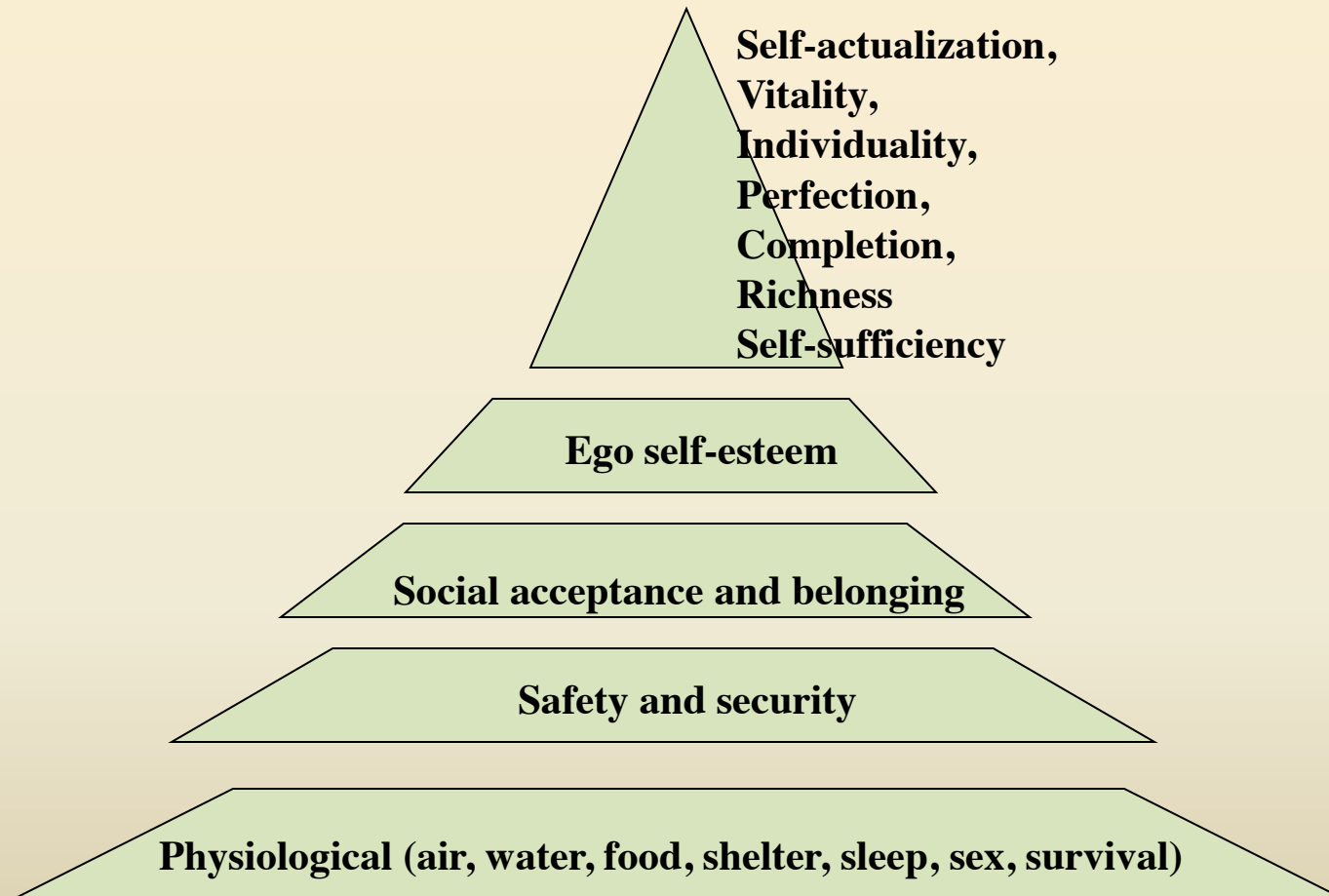
# Personality (2)

- Carl Jung and Erik Erikson developed developmental psychology; they proposed that development of personality and emotional health was dependent on the successful completion of a series of developmental tasks at various stages of life
- Erikson suggested eight stages of psychosocial development, successful completion of each stage lead to the development of a building block; these building blocks laid the foundation of psychosocial health and emotional health
- The building blocks are: hope, will, purpose, competence, fidelity, love, care and wisdom
- Maslow laid the foundation for humanistic psychology which states that behaviour is motivated by a desire for personal growth and achievement which involves making conscious rational decisions that meet our individual needs

# Erikson's stages of development



# Maslow's hierarchy of needs



# Enhancing psychosocial health

- Attaining self-fulfillment is a life-long conscious process that involves building self-efficacy and self-esteem, understanding and controlling emotions, maintaining support networks and learning to solve problems and make decisions
- Some of the methods to enhance psychosocial health include:
  1. Developing and maintaining self-esteem and self-efficacy
  2. Getting adequate amount of rest and activity
  3. Balanced mind-body connection

# Enhancing psychosocial health

## 1. Developing and maintaining self-esteem and self-efficacy

1. Self-esteem refers to one's sense of self respect or self confidence.

- Boost self-esteem and self-efficacy by completing required tasks successfully and on time.
- Have realistic expectations of yourself and others; make a plan and work towards executing the plan.
- Our self esteem is a result of the relationships we have with our parents and family during our formative years, our friends as we grow older, our significant others as we form intimate relationships throughout our lives

2. Finding support groups: the best way to maintain your self esteem is through support groups

- Support groups make you feel good about yourself and forces you to take an honest look at your actions and the choices that you make
- Helping others to feel good about themselves

# Enhancing psychosocial health

3. Completing required tasks: another way to boost self esteem is to learn how to complete required tasks successfully
  - Some university campuses provide study groups so that students may complete the required tasks and achieve good grades and succeed
4. Forming realistic expectations: having realistic expectations of yourself is another method of boosting self confidence
  - Set small incremental goals that are possible to meet
5. Taking and making time for yourself
  - Taking time to enjoy yourself is another way to boost your self esteem and psychosocial health
  - For some people participating in a sport improves self esteem by creating a sense of achievement
  - Maintaining physical health also contributes to self esteem. Regular exercise fosters a sense of well-being

# Enhancing psychosocial health

## 2. Getting adequate amount of rest: is a key contributor to positive physical and psychosocial functioning

- Insomnia, a sleep disorder is the most common problem that affects those seeking rest.
- Insomnia affects between 20 and 40% of adults and is more common among women than men
- Suggestions to getting adequate amount of rest
  - If sleeplessness arises from worry or grief, try to correct what is bothering you
  - Don't drink alcohol or smoke before bedtime
  - Avoid eating a heavy meal in the evening, particularly at bedtime

# Enhancing psychosocial health

- Eliminate or reduce consumption of caffeinated beverages (coffee and soft drinks) except in the morning or early afternoon
- Avoid day time naps, even if you are tired
- Spend an hour or more relaxing before retiring
- If you are unable to fall asleep, get up and do something rather than lie there
- Go to bed and rise on a regular schedule

# Enhancing psychosocial health

## 3. The mind-body connection

- Negative emotions and sickness: Negative emotions leads to increased production of cortisol and epinephrine (adrenaline) that activates body's stress response and suppresses immune functioning
- Positive emotions and health: Positive emotions and outlook leads to general sense of well-being and contentment which provides a better disposition to one's self

# Understanding mind-body connection

- **Happiness and physical health**
  - Happiness has a profound effect on the body for it reduces the risk of cardiovascular diseases, pulmonary diseases, diabetes, hypertension and enhances immunity
- **Happiness results from subjective well-being (SWB) is the uplifting feeling on inner peace or overall feel-good state**
- **The components of SWB are:**
  - Satisfaction with present life
  - Relative presence of positive emotions
  - Relative absence of negative emotions

# Enhancing psychosocial health

- Exercise and laughter increases production of endorphins which boosts immune function along with other hormones that are released into the blood stream.
  - Exercise increases blood circulation which assists in removing toxins from the blood stream and organs
  - Exercise also makes one feel better, healthier and more pleased with oneself leading to a positive attitude
- laughter enhances psychosocial health
- anatomy of an illness- Norman Cousins:
  - Rheumatic diseases of the spine were treated by watching Marx Brothers movies and Candid Camera clips
- Love, Medicine and miracles
  - Fighting spirit and the determination to survive are vital adjuncts to standard cancer therapy.

# How happy are you?

- Read the following statements, and then rate your level of agreement with each one using the 1-7 scale (*1 least agreeable and 7 most agreeable*).

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

1. In most ways, my life is close to my ideal
  2. The conditions of my life are excellent
  3. I am satisfied with my life
  4. So far I have gotten the important things I want in life
  5. If I could live my life over; I would change almost nothing
- Scoring
    - 31-35: you are very satisfied; 26-30 satisfied; 21-25: slightly satisfied
    - 20: neither satisfied nor dissatisfied
    - 15-19: slightly dissatisfied; 10-14: dissatisfied; 5-9: very dissatisfied

# Respecting who you are

|                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |                    |
|----------------|---|---|---|---|---|---|---|--------------------|
| FAIR           |   |   |   |   |   |   |   | UNFAIR             |
| INDEPENDENT    |   |   |   |   |   |   |   | DEPENDENT          |
| RELIGIOUS      |   |   |   |   |   |   |   | IRRELIGIOUS        |
| UNSELFISH      |   |   |   |   |   |   |   | SELFISH            |
| SELF-CONFIDENT |   |   |   |   |   |   |   | LACKING CONFIDENCE |
| COMPETENT      |   |   |   |   |   |   |   | INCOMPETENT        |
| IMPORTANT      |   |   |   |   |   |   |   | UNIMPORTANT        |
| ATTRACTIVE     |   |   |   |   |   |   |   | UNATTRACTIVE       |
| EDUCATED       |   |   |   |   |   |   |   | UNEDUCATED         |
| SOCIABLE       |   |   |   |   |   |   |   | UNSOCIABLE         |
| KIND           |   |   |   |   |   |   |   | CRUEL              |
| WISE           |   |   |   |   |   |   |   | FOOLISH            |
| GRACEFUL       |   |   |   |   |   |   |   | AWKWARD            |
| INTELLIGENT    |   |   |   |   |   |   |   | UNINTELLIGENT      |
| ARTISTIC       |   |   |   |   |   |   |   | INARTISTIC         |
| TALL           |   |   |   |   |   |   |   | SHORT              |
| OBESE          |   |   |   |   |   |   |   | SKINNY             |

1 – Extremely fair, 2- Rather fair, 3 – Somewhat fair, 4 – Equally fair or unfair, or not sure, 5 – Somewhat fair, 6 – Rather unfair, 7 – Extremely unfair

# Psychosocial diseases and illnesses

## 1. Depression: is the most common emotional disorder in Canada.

- About 6% of Canadians aged 18 and over have experienced a major depressive episode in their lifetime
- Endogenous depression: is of biochemical origin, where neurotransmitters in the brain that are responsible for mood elevation become unbalanced. Decreased production of neurotransmitters leads to outward expression of depression
- Exogenous depression is caused by an external event such as the loss of something or someone of great value
- A depressed person usually suffers from low self esteem, may feel alone, separated from others and unable to communicate with others

# Depression signs, symptoms and facts

- Typical signs and symptoms of depression include:
  - lingering sadness, inability to find joy in pleasure giving activities, loss of interest in work, unexplainable fatigue, sleep disorders, loss of sex drive, withdrawal from friends and family, feeling of hopelessness
- Facts and fallacies about depression:
  - Real depression is not a natural reaction to crises and loss (True)
  - People will not snap out of depression by using a little willpower (True)
  - Frequent crying is not a hallmark of depression (True)
  - Depression is not “all in the mind” it is genetic as well (True)
  - Only in-depth psychotherapy can cure long-term clinical depression (False) for depression is one of the most treatable of mental health problems and therapy may be both psychotherapeutic and pharmacologic
- Therapy can be cognitive or interpersonal or both
- Antidepressants are also used (bicyclics, tricyclics, SSRI, etc.)

# Psychosocial diseases and illnesses

2. Obsessive-compulsive disorder (OCD): is an illness in which people have obsessive thoughts or perform habitual behaviours that they cannot control
  - Obsessive need for cleanliness and washing of hands
  - Checking and rechecking all light switches in the house
3. Anxiety disorders: lead people to persistent feelings of threat and anxiety about everyday problems of living and is characterized by fatigue, back pain, headache, feelings of unreality and fear from losing control
  - Types of anxiety disorders
    - Phobias: deep and persistent fear of a specific object, activity or situation and results in a compelling desire to avoid the source of fear

# Psychosocial diseases and illnesses

- Panic attack: is a sudden onset of disabling terror symptoms and include shortness of breath, dizziness, sweating, shaking, choking, trembling and heart palpitations
- Post traumatic stress disorder: results from experiencing severe traumas such as rape, assault, war or airplane crash

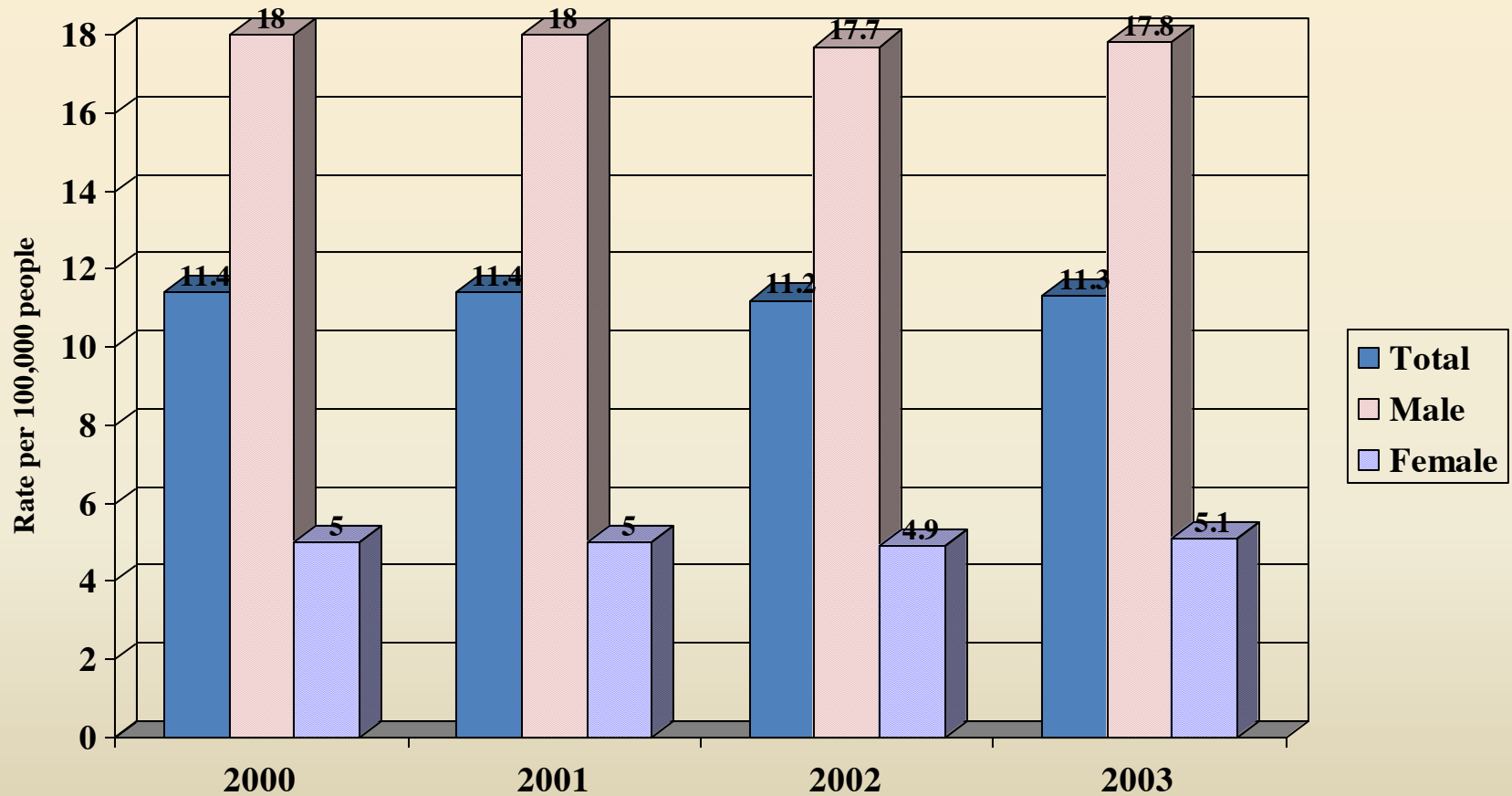
4. Seasonal affective disorder (SAD): is a type of depression and strikes during the winter months and is associated with reduced exposure to sunlight.

- People with SAD suffer from irritability, apathy, carbohydrate craving, weight gain, increases in sleep time and general sadness
- Women are four times more likely to suffer from SAD than men
- People living in cities with cold bright winter and with an active winter culture often have lower rates of SAD
- Common therapies include exposure to light, diet, exercise and psychotherapy

# Psychosocial diseases and illnesses

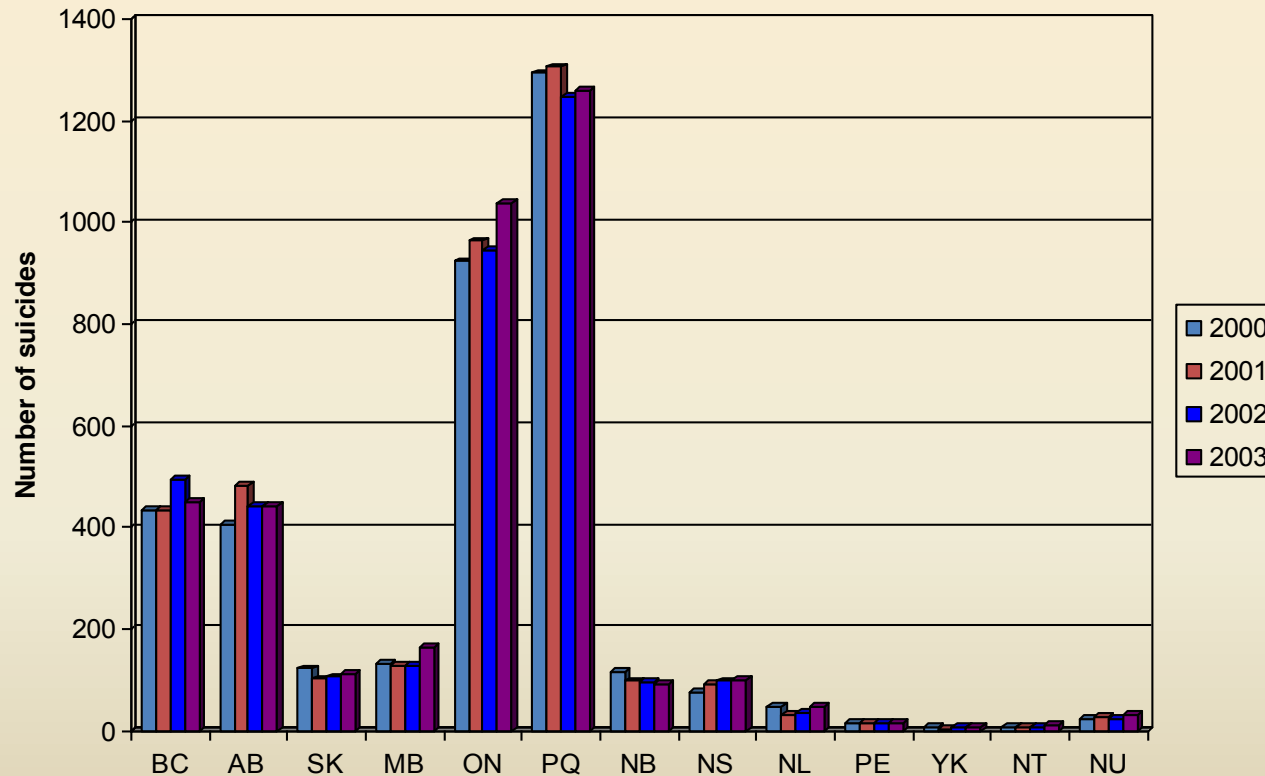
5. Schizophrenia: is characterized by alteration of senses including auditory and visual, altered sense of self and radical changes in emotions, movement and behaviour
  - Schizophrenia is treatable but not curable at present
  - Treatments include combination of hospitalization, medication and supportive psychotherapy
6. Suicide is often a consequence of poor coping skills, lack of social support, lack of self-esteem and the inability to see one's way out of a bad or negative situation
  - Suicide is the second leading cause of death for people between 15 and 24
  - Four times more women attempt suicide compared to men, while men are three times more likely to succeed in suicide attempts
  - Risk factors for suicide include family history, excessive drugs, alcohol use, depression, etc.
  - Suicide rates among aboriginals are 3 to 8 times higher compared to other Canadians

# Rate\* of Suicide per 100,000 people, Canada, 2000-2003



\*Age-Standardized Mortality Rate

# Number of Suicides in Canada: Provinces and Territories, 2000-2003



Data Source: Statistics Canada. (2006). *Mortality, Summary List of Causes 2000, 2001, 2002, 2003*. Ottawa, ON: Author