

Introduction to Mental Health

[View Online](#)

Alarcon, A. D. n.d. 'Culture, Cultural Factors and Psychiatric Diagnosis: Review and Projections'. *World Psychiatry* 8(3).

Andersson, Gerhard, and Ata Ghaderi. 2006. 'Overview and Analysis of the Behaviourist Criticism of the Diagnostic and Statistical Manual of Mental Disorders (DSM)'. *Clinical Psychologist* 10(2):67–77. doi: 10.1080/13284200600690461.

Andreasen, Nancy C. 1997. 'Linking Mind and Brain in the Study of Mental Illness: A Project for a Scientific Psychopathology. (Cover Story)'. *Science*. 275(5306):1586–93.

Anon. n.d.-a. 'Challenges in Identifying Abnormal Behavior and Mental Disorders'. Retrieved (http://www.academia.edu/3653305/Challenges_in_Identifying_Abnormal_Behavior_and_Mental_Disorders).

Anon. n.d.-b. 'Ethics & Standards'. Retrieved (<http://www.bps.org.uk/what-we-do/ethics-standards/ethics-standards>).

Anon. n.d.-c. 'Evidence That Schizophrenia Is a Brain Disease'. Retrieved (<https://www.mentalhelp.net/articles/evidence-that-schizophrenia-is-a-brain-disease/>).

Anon. n.d.-d. 'Psychiatrists under Fire in Mental Health Battle'. Retrieved (<http://www.theguardian.com/society/2013/may/12/psychiatrists-under-fire-mental-health>).

Anon. n.d.-e. 'Sexual Orientation Obsessions in OCD'. Retrieved (<https://www.psychologytoday.com/blog/culturally-speaking/201201/sexual-orientation-obsessions-in-ocd>).

Baer, Lee. 2002. *The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts*. London: Plume.

Barker, Meg, Andreas Vossler, and Darren Langdridge. 2010. *Understanding Counselling and Psychotherapy*. London: SAGE.

Beck, Aaron T. 1989. *Cognitive Therapy and the Emotional Disorders*. London: Penguin Books.

Bieling, Peter J., and Willem Kuyken. 2006. 'Is Cognitive Case Formulation Science or Science Fiction?' *Clinical Psychology: Science and Practice* 10(1):52–69. doi: 10.1093/clipsy.10.1.52.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015a. *Abnormal Psychology*. Global edition. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015b. 'Abnormal Psychology: An Overview [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015c. 'Causal Factors and Viewpoints [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015d. 'Eating Disorders and Obesity [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015e. 'Historical and Contemporary Views of Abnormal Psychology [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015f. 'Mood Disorders and Suicide [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015g. 'Panic, Anxiety and Their Disorders [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015h. 'Personality Disorders [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015i. 'Schizophrenia and Other Psychotic Disorders [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015j. 'Somatoform Disorders [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Butcher, James Neal, Jill M. Hooley, and Susan Mineka. 2015k. 'Substance-Related Disorders [in] *Abnormal Psychology*'. in *Abnormal psychology*. Boston: Pearson.

Carmin, Cheryl N. 2005. 'The Role of Cognitions in OCD Treatment: Toward Rapprochement'. *Cognitive Behaviour Therapy* 34(3):193–200. doi: 10.1080/16506070510043769.

Cattan, Mima, and Sylvia Tilford. 2006. *Mental Health Promotion: A Lifespan Approach*. Maidenhead: Open University Press.

Comer, Ronald J. 2014. *Fundamentals of Abnormal Psychology*. 7th ed. New York: Worth Publishers.

Dugas, Michel J., André Marchand, and Robert Ladouceur. 2005. 'Further Validation of a Cognitive-Behavioral Model of Generalized Anxiety Disorder: Diagnostic and Symptom Specificity'. *Journal of Anxiety Disorders* 19(3):329–43. doi: 10.1016/j.janxdis.2004.02.002.

Fernando, Suman. 2010. *Mental Health, Race and Culture*. 3rd ed. Basingstoke: Palgrave Macmillan.

- Fledderus, Martine, Ernst T. Bohlmeijer, Filip Smit, and Gerben J. Westerhof. 2010. 'Mental Health Promotion as a New Goal in Public Mental Health Care: A Randomized Controlled Trial of an Intervention Enhancing Psychological Flexibility'. *American Journal of Public Health* 100(12):2372–2372. doi: 10.2105/AJPH.2010.196196.
- Fredrickson, Barbara L. 2001. 'The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions.' *American Psychologist* 56(3):218–26. doi: 10.1037/0003-066X.56.3.218.
- Frost, Randy O., and Gail Steketee. 1999. 'Issues in the Treatment of Compulsive Hoarding'. *Cognitive and Behavioral Practice* 6(4):397–407. doi: 10.1016/S1077-7229(99)80058-3.
- Godfrin, K. A., and C. van Heeringen. 2010. 'The Effects of Mindfulness-Based Cognitive Therapy on Recurrence of Depressive Episodes, Mental Health and Quality of Life: A Randomized Controlled Study'. *Behaviour Research and Therapy* 48(8):738–46. doi: 10.1016/j.brat.2010.04.006.
- Grilo, Carlos, and James E. Mitchell. 2010. *The Treatment of Eating Disorders: A Clinical Handbook*. New York: Guilford Press.
- Hunsley, John. 2009. 'Advancing the Role of Assessment in Evidence-Based Psychological Practice'. *Clinical Psychology: Science and Practice* 16(2):202–5. doi: 10.1111/j.1468-2850.2009.01159.x.
- Huppert, Jonathan D., and Jedidiah Siev. 2010. 'Treating Scrupulosity in Religious Individuals Using Cognitive-Behavioral Therapy'. *Cognitive and Behavioral Practice* 17(4):382–92. doi: 10.1016/j.cbpra.2009.07.003.
- Kellett, Stephen, and Jessica V. Bolton. 2009. 'Compulsive Buying: A Cognitive-Behavioural Model'. *Clinical Psychology & Psychotherapy* 16(2):83–99. doi: 10.1002/cpp.585.
- Kendler, Kenneth S. 2008. 'Explanatory Models for Psychiatric Illness'. *American Journal of Psychiatry* 165(6):695–702. doi: 10.1176/appi.ajp.2008.07071061.
- Lask, Bryan, and Ian Frampton. 2011. *Eating Disorders and the Brain*. Chichester: Wiley-Blackwell.
- Layard, R. 2006. 'The Case for Psychological Treatment Centres'. *BMJ* 332(7548):1030–32. doi: 10.1136/bmj.332.7548.1030.
- Linden, David. 2012a. *The Biology of Psychological Disorders*. Basingstoke: Palgrave Macmillan.
- Linden, David. 2012b. *The Biology of Psychological Disorders*. Basingstoke: Palgrave Macmillan.
- Liotti, Mario. 2010. 'The Role of Functional Neuroimaging in the Neuropsychology of Depression'. *Journal of Clinical and Experimental Neuropsychology* 23(1):121–36.
- Lopez, Shane J., C. R. Snyder, and Jennifer Teramoto Pedrotti. 2015. *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Third edition. Los Angeles:

SAGE.

Marsella, Anthony J., and Geoffrey M. White. 1984. *Cultural Conceptions of Mental Health and Therapy*. Vol. Culture, illness and healing. Dordrecht: Reidel.

Mayes, Rick, and Allan V. Horwitz. 2005. 'DSM-III and the Revolution in the Classification of Mental Illness'. *Journal of the History of the Behavioral Sciences* 41(3):249–67. doi: 10.1002/jhbs.20103.

Menzies, Lara, Samuel R. Chamberlain, Angela R. Laird, Sarah M. Thelen, Barbara J. Sahakian, and Ed T. Bullmore. 2008. 'Integrating Evidence from Neuroimaging and Neuropsychological Studies of Obsessive-Compulsive Disorder: The Orbitofronto-Striatal Model Revisited'. *Neuroscience & Biobehavioral Reviews* 32(3):525–49. doi: 10.1016/j.neubiorev.2007.09.005.

Rassool, G. Hussein. 2011. *Understanding Addiction Behaviours: Theoretical and Clinical Practice in Health and Social Care*. Basingstoke: Palgrave Macmillan.

Rosenhan, D. L. 1973. 'On Being Sane in Insane Places'. *Science* 179(4070):250–58.

Schwartz, Jeffrey, and Beverly Beyette. 1997. *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior: A Four-Step Self-Treatment Method to Change Your Brain Chemistry*. New York: Harper Perennial.

Schwartz, Stefanie A., and Jonathan S. Abramowitz. 2003a. 'Are Nonparaphilic Sexual Addictions a Variant of Obsessive-Compulsive Disorder? A Pilot Study'. *Cognitive and Behavioral Practice* 10(4):372–77. doi: 10.1016/S1077-7229(03)80054-8.

Schwartz, Stefanie A., and Jonathan S. Abramowitz. 2003b. 'Are Nonparaphilic Sexual Addictions a Variant of Obsessive-Compulsive Disorder? A Pilot Study'. *Cognitive and Behavioral Practice* 10(4):372–77. doi: 10.1016/S1077-7229(03)80054-8.

Stahl, Stephen M. 2008. *Depression and Bipolar Disorder: Stahl's Essential Psychopharmacology*. 3rd ed. Cambridge: Cambridge University Press.

Stewart, Rebecca E., and Dianne L. Chambless. 2009. 'Cognitive-Behavioral Therapy for Adult Anxiety Disorders in Clinical Practice: A Meta-Analysis of Effectiveness Studies.' *Journal of Consulting and Clinical Psychology*, Vol (4):595–606. doi: 10.1037/a0016032 ; <http://dx.doi.org/10.1037/a0016032.supp> (Supplemental).

Teasdale, John D., Zindel V. Segal, and J. Mark G. Williams. 2006. 'Mindfulness Training and Problem Formulation'. *Clinical Psychology: Science and Practice* 10(2):157–60. doi: 10.1093/clipsy.bpg017.

Walsh, Lynne. 2009. 'Causes of Depression [in] Depression Care across the Lifespan'. in *Depression care across the lifespan*. Chichester, West Sussex, U.K.: Wiley-Blackwell.

Winock, G., and W. Coryell. 1993. 'Further Distinctions between Manic-Depressive Illness (Bipolar Disorder) and Primary Depressive Disorder (Unipolar Depression): American Journal of Psychiatry: Vol 150, No 8'. *American Journal of Psychiatry* 150(8):1176–81.

Yorulmaz, Orçun, Tülin Gençöz, and Sheila Woody. 2009. 'Vulnerability Factors in OCD

Symptoms: Cross-Cultural Comparisons between Turkish and Canadian Samples'. *Clinical Psychology & Psychotherapy* 110–21. doi: 10.1002/cpp.642.