

Introduction to Mental Health

[View Online](#)

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

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755270/>.

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. <https://doi.org/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.
<http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=9703283390&authtype=sso&custid=s8993828&site=ehost-live>.

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

Barker, Meg, Andreas Vossler, and Darren Langridge. 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.
<https://doi.org/10.1093/clipsy.10.1.52>.

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

———. 2015b. 'Abnormal Psychology: An Overview [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.

———. 2015c. 'Causal Factors and Viewpoints [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.

———. 2015d. 'Eating Disorders and Obesity [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.

———. 2015e. 'Historical and Contemporary Views of Abnormal Psychology [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.

- . 2015f. 'Mood Disorders and Suicide [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- . 2015g. 'Panic, Anxiety and Their Disorders [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- . 2015h. 'Personality Disorders [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- . 2015i. 'Schizophrenia and Other Psychotic Disorders [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- . 2015j. 'Somatoform Disorders [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- . 2015k. 'Substance-Related Disorders [in] Abnormal Psychology'. In *Abnormal Psychology*, Global edition. Boston: Pearson.
- Carmin, Cheryl N. 2005. 'The Role of Cognitions in OCD Treatment: Toward Rapprochement'. *Cognitive Behaviour Therapy* 34 (3): 193–200.
<https://doi.org/10.1080/16506070510043769>.
- Cattan, Mima, and Sylvia Tilford. 2006. *Mental Health Promotion: A Lifespan Approach*. Maidenhead: Open University Press.
<http://lib.myilibrary.com/browse/open.asp?id=112909&entityid=https://login.uea.ac.uk/entity>.
- 'Challenges in Identifying Abnormal Behavior and Mental Disorders'. n.d.
http://www.academia.edu/3653305/Challenges_in_Identifying_Abnormal_Behavior_and_Mental_Disorders.
- 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.
<https://doi.org/10.1016/j.janxdis.2004.02.002>.
- 'Ethics & Standards'. n.d.
<http://www.bps.org.uk/what-we-do/ethics-standards/ethics-standards>.
- 'Evidence That Schizophrenia Is a Brain Disease'. n.d.
<https://www.mentalhelp.net/articles/evidence-that-schizophrenia-is-a-brain-disease/>.
- 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. <https://doi.org/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. <https://doi.org/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. [https://doi.org/10.1016/S1077-7229\(99\)80058-3](https://doi.org/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. <https://doi.org/10.1016/j.brat.2010.04.006>.

Grilo, Carlos, and James E. Mitchell. 2010. *The Treatment of Eating Disorders: A Clinical Handbook*. Electronic resource. New York: Guilford Press. http://www.UEA.eblib.com/EBLWeb/patron/?target=patron&extendedid=P_464909_0&

Hunsley, John. 2009. 'Advancing the Role of Assessment in Evidence-Based Psychological Practice'. *Clinical Psychology: Science and Practice* 16 (2): 202–5. <https://doi.org/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. <https://doi.org/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. <https://doi.org/10.1002/cpp.585>.

Kendler, Kenneth S. 2008. 'Explanatory Models for Psychiatric Illness'. *American Journal of Psychiatry* 165 (6): 695–702. <https://doi.org/10.1176/appi.ajp.2008.07071061>.

Lask, Bryan, and Ian Frampton. 2011. *Eating Disorders and the Brain*. Chichester: Wiley-Blackwell. <http://uea.eblib.com/patron/FullRecord.aspx?p=819243>.

Layard, R. 2006. 'The Case for Psychological Treatment Centres'. *BMJ* 332 (7548): 1030–32. <https://doi.org/10.1136/bmj.332.7548.1030>.

Linden, David. 2012a. *The Biology of Psychological Disorders*. Basingstoke: Palgrave Macmillan.

———. 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. <https://uea.idm.oclc.org/login?url=http://www.tandfonline.com/doi/abs/10.1076/jcen.23.1.121.1223#.VYqbj8vbKUk>.

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.
<https://doi.org/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.
<https://doi.org/10.1016/j.neubiorev.2007.09.005>.

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

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.
<https://uea.idm.oclc.org/login?url=http://www.sciencemag.org/content/179/4070/250.full.pdf>.

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. [https://doi.org/10.1016/S1077-7229\(03\)80054-8](https://doi.org/10.1016/S1077-7229(03)80054-8).

———. 2003b. 'Are Nonparaphilic Sexual Addictions a Variant of Obsessive-Compulsive Disorder? A Pilot Study'. *Cognitive and Behavioral Practice* 10 (4): 372–77.
[https://doi.org/10.1016/S1077-7229\(03\)80054-8](https://doi.org/10.1016/S1077-7229(03)80054-8).

'Sexual Orientation Obsessions in OCD'. n.d. Psychology Today.
<https://www.psychologytoday.com/blog/culturally-speaking/201201/sexual-orientation-obsessions-in-ocd>.

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, no. 4: 595–606.
<https://doi.org/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.
<https://doi.org/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.
- Winocur, 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 Gençoz, and Sheila Woody. 2009. 'Vulnerability Factors in OCD Symptoms: Cross-Cultural Comparisons between Turkish and Canadian Samples'. *Clinical Psychology & Psychotherapy*, 110-21. <https://doi.org/10.1002/cpp.642>.