

Introduction to Mental Health

[View Online](#)

Alarcon, A.D. (no date) 'Culture, cultural factors and psychiatric diagnosis: review and projections', *World Psychiatry*, 8(3). Available at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755270/>.

Andersson, G. and Ghaderi, A. (2006) 'Overview and analysis of the behaviourist criticism of the Diagnostic and Statistical Manual of Mental Disorders (DSM)', *Clinical Psychologist*, 10(2), pp. 67–77. Available at: <https://doi.org/10.1080/13284200600690461>.

Andreasen, N.C. (1997) 'Linking mind and brain in the study of mental illness: A project for a scientific psychopathology. (cover story)', *Science*, 275(5306), pp. 1586–1593. Available at: <http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=9703283390&authtype=sso&custid=s8993828&site=ehost-live>.

Baer, L. (2002) *The imp of the mind: exploring the silent epidemic of obsessive bad thoughts*. London: Plume.

Barker, M., Vossler, A. and Langdridge, D. (2010) *Understanding counselling and psychotherapy*. London: SAGE.

Beck, A.T. (1989) *Cognitive therapy and the emotional disorders*. London: Penguin Books.
Bieling, P.J. and Kuyken, W. (2006) 'Is Cognitive Case Formulation Science or Science Fiction?', *Clinical Psychology: Science and Practice*, 10(1), pp. 52–69. Available at: <https://doi.org/10.1093/clipsy.10.1.52>.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015a) *Abnormal psychology*. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015b) 'Abnormal Psychology: An overview [in] *Abnormal psychology*', in *Abnormal psychology*. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015c) 'Causal factors and Viewpoints [in] *Abnormal psychology*', in *Abnormal psychology*. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015d) 'Eating Disorders and Obesity [in] *Abnormal psychology*', in *Abnormal psychology*. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015e) 'Historical and Contemporary Views of *Abnormal Psychology* [in] *Abnormal psychology*', in *Abnormal psychology*. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015f) 'Mood Disorders and Suicide [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015g) 'Panic, Anxiety and their Disorders [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015h) 'Personality Disorders [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015i) 'Schizophrenia and other Psychotic disorders [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015j) 'Somatoform Disorders [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Butcher, J.N., Hooley, J.M. and Mineka, S. (2015k) 'Substance-related disorders [in] Abnormal psychology', in Abnormal psychology. Global edition. Boston: Pearson.

Carmin, C.N. (2005) 'The Role of Cognitions in OCD Treatment: Toward Rapprochement', Cognitive Behaviour Therapy, 34(3), pp. 193–200. Available at: <https://doi.org/10.1080/16506070510043769>.

Cattan, M. and Tilford, S. (2006) Mental health promotion: a lifespan approach. Maidenhead: Open University Press. Available at: <http://lib.myilibrary.com/browse/open.asp?id=112909&entityid=https://login.uea.ac.uk/entity>.

Challenges in Identifying Abnormal Behavior and Mental Disorders (no date). Available at: http://www.academia.edu/3653305/Challenges_in_Identifying_Abnormal_Behavior_and_Mental_Disorders.

Comer, R.J. (2014) Fundamentals of abnormal psychology. 7th ed. New York: Worth Publishers.

Dugas, M.J., Marchand, A. and Ladouceur, R. (2005) 'Further validation of a cognitive-behavioral model of generalized anxiety disorder: diagnostic and symptom specificity', Journal of Anxiety Disorders, 19(3), pp. 329–343. Available at: <https://doi.org/10.1016/j.janxdis.2004.02.002>.

Ethics & standards (no date). Available at: <http://www.bps.org.uk/what-we-do/ethics-standards/ethics-standards>.

Evidence That Schizophrenia is a Brain Disease (no date). Available at: <https://www.mentalhelp.net/articles/evidence-that-schizophrenia-is-a-brain-disease/>.

Fernando, S. (2010) Mental health, race and culture. 3rd ed. Basingstoke: Palgrave Macmillan.

Fledderus, M. et al. (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), pp. 2372–2372. Available at:

<https://doi.org/10.2105/AJPH.2010.196196>.

Fredrickson, B.L. (2001) 'The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions.', *American Psychologist*, 56(3), pp. 218–226. Available at: <https://doi.org/10.1037/0003-066X.56.3.218>.

Frost, R.O. and Steketee, G. (1999) 'Issues in the treatment of compulsive hoarding', *Cognitive and Behavioral Practice*, 6(4), pp. 397–407. Available at: [https://doi.org/10.1016/S1077-7229\(99\)80058-3](https://doi.org/10.1016/S1077-7229(99)80058-3).

Godfrin, K.A. and van Heeringen, C. (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), pp. 738–746. Available at: <https://doi.org/10.1016/j.brat.2010.04.006>.

Grilo, C. and Mitchell, J.E. (2010) *The treatment of eating disorders: a clinical handbook* [electronic resource]. New York: Guilford Press. Available at: http://www.UEA.ebib.com/EBLWeb/patron/?target=patron&extendedid=P_464909_0&.

Hunsley, J. (2009) 'Advancing the Role of Assessment in Evidence-Based Psychological Practice', *Clinical Psychology: Science and Practice*, 16(2), pp. 202–205. Available at: <https://doi.org/10.1111/j.1468-2850.2009.01159.x>.

Huppert, J.D. and Siev, J. (2010) 'Treating Scrupulosity in Religious Individuals Using Cognitive-Behavioral Therapy', *Cognitive and Behavioral Practice*, 17(4), pp. 382–392. Available at: <https://doi.org/10.1016/j.cbpra.2009.07.003>.

Kellett, S. and Bolton, J.V. (2009) 'Compulsive buying: A cognitive-behavioural model', *Clinical Psychology & Psychotherapy*, 16(2), pp. 83–99. Available at: <https://doi.org/10.1002/cpp.585>.

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

Lask, B. and Frampton, I. (2011) *Eating disorders and the brain*. Chichester: Wiley-Blackwell. Available at: <http://uea.ebib.com/patron/FullRecord.aspx?p=819243>.

Layard, R. (2006) 'The case for psychological treatment centres', *BMJ*, 332(7548), pp. 1030–1032. Available at: <https://doi.org/10.1136/bmj.332.7548.1030>.

Linden, D. (2012a) *The biology of psychological disorders*. Basingstoke: Palgrave Macmillan.

Linden, D. (2012b) *The biology of psychological disorders*. Basingstoke: Palgrave Macmillan.

Liotti, M. (2010) 'The Role of Functional Neuroimaging in the Neuropsychology of Depression', *Journal of Clinical and Experimental Neuropsychology*, 23(1), pp. 121–136. Available at: <https://uea.idm.oclc.org/login?url=http://www.tandfonline.com/doi/abs/10.1076/jcen.23.1.121.1223#.VYqbj8vbKUK>.

Lopez, S.J., Snyder, C.R. and Pedrotti, J.T. (2015) *Positive psychology: the scientific and practical explorations of human strengths*. Third edition. Los Angeles: SAGE.

Marsella, A.J. and White, G.M. (1984) *Cultural conceptions of mental health and therapy*. Dordrecht: Reidel.

Mayes, R. and Horwitz, A.V. (2005) 'DSM-III and the revolution in the classification of mental illness', *Journal of the History of the Behavioral Sciences*, 41(3), pp. 249–267. Available at: <https://doi.org/10.1002/jhbs.20103>.

Menzies, L. et al. (2008) 'Integrating evidence from neuroimaging and neuropsychological studies of obsessive-compulsive disorder: The orbitofronto-striatal model revisited', *Neuroscience & Biobehavioral Reviews*, 32(3), pp. 525–549. Available at: <https://doi.org/10.1016/j.neubiorev.2007.09.005>.

Psychiatrists under fire in mental health battle (no date). Available at: <http://www.theguardian.com/society/2013/may/12/psychiatrists-under-fire-mental-health>.

Rassool, G.H. (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), pp. 250–258. Available at: <https://uea.idm.oclc.org/login?url=http://www.sciencemag.org/content/179/4070/250.full.pdf>.

Schwartz, J. and Beyette, B. (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, S.A. and Abramowitz, J.S. (2003a) 'Are nonparaphilic sexual addictions a variant of obsessive-compulsive disorder? A pilot study', *Cognitive and Behavioral Practice*, 10(4), pp. 372–377. Available at: [https://doi.org/10.1016/S1077-7229\(03\)80054-8](https://doi.org/10.1016/S1077-7229(03)80054-8).

Schwartz, S.A. and Abramowitz, J.S. (2003b) 'Are nonparaphilic sexual addictions a variant of obsessive-compulsive disorder? A pilot study', *Cognitive and Behavioral Practice*, 10(4), pp. 372–377. Available at: [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 (no date). *Psychology Today*. Available at: <https://www.psychologytoday.com/blog/culturally-speaking/201201/sexual-orientation-obsessions-in-ocd>.

Stahl, S.M. (2008) *Depression and bipolar disorder: Stahl's essential psychopharmacology*. 3rd ed. Cambridge: Cambridge University Press.

Stewart, R.E. and Chambless, D.L. (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), pp. 595–606. Available at: <https://doi.org/10.1037/a0016032> ; <http://dx.doi.org/10.1037/a0016032.supp> (Supplemental).

Teasdale, J.D., Segal, Z.V. and Williams, J.M.G. (2006) 'Mindfulness Training and Problem Formulation', *Clinical Psychology: Science and Practice*, 10(2), pp. 157–160. Available at: <https://doi.org/10.1093/clipsy.bpg017>.

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

Winocker, G. and Coryell, W. (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), pp. 1176–1181.

Yorulmaz, O., Gençöz, T. and Woody, S. (2009) 'Vulnerability factors in OCD symptoms: cross-cultural comparisons between Turkish and Canadian samples', *Clinical Psychology & Psychotherapy*, pp. 110–121. Available at: <https://doi.org/10.1002/cpp.642>.