

Introduction to Mental Health

[View Online](#)

1.

Butcher, J.N., Hooley, J.M., Mineka, S.: Abnormal psychology. Pearson, Boston (2015).

2.

Butcher, J.N., Hooley, J.M., Mineka, S.: Abnormal Psychology: An overview [in] Abnormal psychology. In: Abnormal psychology. Pearson, Boston (2015).

3.

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

4.

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

5.

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

6.

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

7.

Butcher, J.N., Hooley, J.M., Mineka, S.: Somatoform Disorders [in] Abnormal psychology. In: Abnormal psychology. Pearson, Boston (2015).

8.

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

9.

Butcher, J.N., Hooley, J.M., Mineka, S.: Personality Disorders [in] Abnormal psychology. In: Abnormal psychology. Pearson, Boston (2015).

10.

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

11.

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

12.

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

13.

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

14.

Bieling, P.J., Kuyken, W.: Is Cognitive Case Formulation Science or Science Fiction? *Clinical Psychology: Science and Practice*. 10, 52–69 (2006). <https://doi.org/10.1093/clipsy.10.1.52>.

15.

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

16.

Liotti, M.: The Role of Functional Neuroimaging in the Neuropsychology of Depression. *Journal of Clinical and Experimental Neuropsychology*. 23, 121–136 (2010).

17.

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

18.

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

19.

Winock, G., Coryell, W.: 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, 1176–1181 (1993).

20.

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

21.

Schwartz, J., Beyette, B.: Brain lock: free yourself from obsessive-compulsive behavior : a four-step self-treatment method to change your brain chemistry. Harper Perennial, New York (1997).

22.

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

23.

Yorulmaz, O., Gençöz, T., Woody, S.: Vulnerability factors in OCD symptoms: cross-cultural comparisons between Turkish and Canadian samples. *Clinical Psychology & Psychotherapy*. 110–121 (2009). <https://doi.org/10.1002/cpp.642>.

24.

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

25.

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

26.

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

27.

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

28.

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

29.

Sexual Orientation Obsessions in OCD,
<https://www.psychologytoday.com/blog/culturally-speaking/201201/sexual-orientation-obsessions-in-ocd>.

30.

Menzies, L., Chamberlain, S.R., Laird, A.R., Thelen, S.M., Sahakian, B.J., Bullmore, E.T.: Integrating evidence from neuroimaging and neuropsychological studies of obsessive-compulsive disorder: The orbitofronto-striatal model revisited. *Neuroscience & Biobehavioral Reviews*. 32, 525–549 (2008).
<https://doi.org/10.1016/j.neubiorev.2007.09.005>.

31.

Rassool, G.H.: Understanding addiction behaviours: theoretical and clinical practice in health and social care. Palgrave Macmillan, Basingstoke (2011).

32.

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

33.

Evidence That Schizophrenia is a Brain Disease,
<https://www.mentalhelp.net/articles/evidence-that-schizophrenia-is-a-brain-disease/>.

34.

Lask, B., Frampton, I.: Eating disorders and the brain. Wiley-Blackwell, Chichester (2011).

35.

Grilo, C., Mitchell, J.E.: The treatment of eating disorders: a clinical handbook. Guilford Press, New York (2010).

36.

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

37.

Beck, A.T.: Cognitive therapy and the emotional disorders. Penguin Books, London (1989).

38.

Stewart, R.E., Chambless, D.L.: Cognitive-behavioral therapy for adult anxiety disorders in clinical practice: A meta-analysis of effectiveness studies. *Journal of Consulting and Clinical Psychology*, Vol. 595–606 (2009).

<https://doi.org/10.1037/a0016032> ; <http://dx.doi.org/10.1037/a0016032.supp> (Supplemental).

39.

Ethics & standards, <http://www.bps.org.uk/what-we-do/ethics-standards/ethics-standards>.

40.

Teasdale, J.D., Segal, Z.V., Williams, J.M.G.: Mindfulness Training and Problem Formulation. *Clinical Psychology: Science and Practice*. 10, 157–160 (2006).

<https://doi.org/10.1093/clipsy.bpg017>.

41.

Godfrin, K.A., van Heeringen, C.: 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, 738–746 (2010).
<https://doi.org/10.1016/j.brat.2010.04.006>.

42.

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

43.

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

44.

Cattan, M., Tilford, S.: *Mental health promotion: a lifespan approach*. Open University Press, Maidenhead (2006).

45.

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

46.

Fledderus, M., Bohlmeijer, E.T., Smit, F., Westerhof, G.J.: 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, 2372–2372 (2010). <https://doi.org/10.2105/AJPH.2010.196196>.

47.

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

48.

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

49.

Rosenhan, D.L.: On Being Sane in Insane Places. *Science*. 179, 250–258 (1973).

50.

Challenges in Identifying Abnormal Behavior and Mental Disorders,
http://www.academia.edu/3653305/Challenges_in_Identifying_Abnormal_Behavior_and_Mental_Disorders.

51.

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

52.

Andreasen, N.C.: Linking mind and brain in the study of mental illness: A project for a scientific psychopathology. (cover story). *Science*. 275, 1586–1593 (1997).

53.

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

54.

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

55.

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

56.

Alarcon, A.D.: Culture, cultural factors and psychiatric diagnosis: review and projections. World Psychiatry. 8,.

57.

Psychiatrists under fire in mental health battle,
<http://www.theguardian.com/society/2013/may/12/psychiatrists-under-fire-mental-health>.