



UMH1 – Understanding mental health

LO2 Develop an awareness of the effects of mental health conditions

Assessment criteria

- 2.1. Describe the impact of mental health conditions from a global, individual and workplace perspective
- 2.2. Identify the signs and symptoms of common mental health conditions





Activity

Identify how mental health conditions may affect the following:

- The individual
- The workplace
- Society as a whole

The impact of mental health conditions

It is widely recognised that poor mental health is the largest cause of disability in the UK and it is also closely connected with other problems, including poor physical health and problems with relationships, education and work.

- Mental ill-health/illness is a global disease burden and is linked with disability and premature death (Lancet 2016)
- Anxiety disorders and depressive disorders are the two of the most common mental disorders (WHO)
- 1 in every 8 people in the world live with a mental health disorder (WHO)
- Mental health conditions are the biggest single cause of disability in the UK



The impact of mental health conditions

- The wider economic costs of mental illness in England have been estimated at £105.2 billion each year (DOH 2011)
- The World Economic Forum calculated that a broadly defined set of mental health the combined cost of lost productivity and direct costs of care was 2.5 trillion US dollars (WHO)
- The number of people receiving NICE recommended psychological therapies has more than doubled from 2013 to 2018 (NICE Impact report 2019)
- Around 8% of the world's young children (aged 5-9 years) and 14% of the world's adolescents (aged 10-19 years) live with a mental disorder (WHO)
- Prevalence of children and young people with a diagnosable mental health condition has increased to 35% in 2018 (NICE Impact report 2019)



The impact of mental health conditions on the individual

A person living with a mental health problem may face a number of difficulties including:

- Social and cultural exclusion and stigma
- Low self-esteem, self image and personal empowerment
- Reduced physical health
- Reduced ability to form effective relationships
- Education – studying may be more difficult when dealing with mental health problems
- Risk of self-harm, substance misuse and suicide
- Reduced capacity to cope financially
- Poor sleep
- Developing extreme eating patterns



The impact of mental health conditions in the workplace

Mental health problems may also lead to issues in the workplace including:

- Absenteeism, increased sickness absence
- Poor health (depression, stress, burnout)
- Reduction in productivity and output
- Loss of motivation and commitment
- Increase in error rates
- Increased amount of accidents
- Poor decision-making
- Deterioration in planning and control of work





Activity

List as many symptoms as possible that an individual with a mental health condition may exhibit

General signs and symptoms

- Pulling away from people and usual activities
- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hopelessness



General signs and symptoms

- Despairing
- Lack of motivation/energy
- Low self esteem
- Poor sleep patterns
- Reduced appetite
- Reduced sex drive
- Constant worrying
- Unpleasant physical symptoms (for example, panic attacks)



Common mental health conditions

There are many different mental health problems, and many symptoms are common to more than one diagnosis.

Depression

- Depression is a feeling of low mood and affects your everyday life. It can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect your self-esteem, sleep, appetite, sex drive and, sometimes, your physical health

Anxiety

- Anxiety refers to strong feelings of unease, worry and fear. Symptoms include constant worrying about things that are a regular part of everyday life, or about things that aren't likely to happen. Unpleasant physical symptoms such as sleep problems, panic attacks or a specific anxiety disorder (see next slide)



Common mental health conditions

Obsessive-compulsive disorder (OCD)

- OCD is a type of anxiety disorder with two main parts:
 - **Obsessions** – intrusive thoughts, ideas or urges that repeatedly appear in your mind
 - **Compulsions** – repetitive activities that you feel you have to do

Phobias

- A phobia is an extreme form of fear or anxiety triggered by a particular situation, even if there is no danger, such as going outside or objects like spiders



Common mental health conditions

Eating problems

- Eating problems are generally associated with focusing on food and can be a way of disguising problems with feelings or life that are difficult to express
- Common problems include:
 - **Anorexia** – not eating enough food to ensure sufficient energy and nutrition to stay physically healthy. Often connected to very low self-esteem, negative self-image
 - **Bulimia** – bingeing on food due to worry or upset, followed by feelings of guilt, shame, and purging the food eaten



Common mental health conditions

Bi-polar disorder

- Extreme variations in mood leading to manic (high) and depressive (low) episodes. People suffering from bi-polar disorder may also experience psychotic symptoms

Schizophrenia

- A long term mental health condition that is characterised by psychotic experiences such as hallucinations, delusions and disorganised thinking





Learning check

- Outline the main characteristics of bi-polar disorder
- Explain the difference between bulimia and anorexia
- Identify the two main parts to obsessive-compulsive disorder
- List two symptoms associated with anxiety and depression