

1. Record Nr.	UNINA9910463319203321
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Titolo	Preventing mental ill-health : informing public health planning and mental health practice // Jennifer Newton
Pubbl/distr/stampa	Abingdon, Oxon ; ; New York, N.Y. : , : Routledge, , 2013
ISBN	0-203-08564-7 1-136-19947-0
Descrizione fisica	1 online resource (580 p.)
Disciplina	616.8905
Soggetti	Mental illness - Prevention Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Contents; Preface and acknowledgements; 1 Introduction; Why so much interest in prevention now?; What have we tried in the past, and what did we learn?; Conclusion, and focus of this book; 2 Labels, and why they matter; Problems - reliability, validity, medicalization; Problems - stigma and discrimination; Categories and cut-points - essential for research; Some service user perspectives; How might stigma and discrimination be reduced?; Summary and implications for prevention; 3 Prevalence and distribution of mental ill-health; Measuring disorder What do the surveys tell us about prevalence?Clues to aetiology: Comparing those with and without symptoms; What proportion seek treatment?; Following up the clues: More complex studies needed; Conclusion; 4 Preventing ill-health or promoting wellbeing?; Risk reduction and resilience promotion; Universal prevention: A whole-population strategy; Promoting positive mental health; Cost-effectiveness; 5 Depression; Variations in rates: Between-population comparisons; Stressful events and long-term social difficulties cause onset; Vulnerability and resilience Why do some people remain depressed, while others recover quickly?A multifactorial model of depression; Implications for prevention; 6 Psychosis; Within- and between-population differences in incidence and prevalence; Exploration of potential causal factors; Is it possible to

recognize a predisposition?; Is early intervention effective?; Psycho-social evidence: Course; Summary and conclusion; 7 Events, coping and support; The process of coping; Resources that assist coping; Support from close others: Does it help us cope with adversity? Can intervention address poor support and reduce vulnerability? Conclusion; 8 Mind and body; Mental and physical ill-health often coexist; A bio-behavioural model: Stress, social support and immunity; Mind affecting body; Body affecting mind; Conclusions; 9 Childhood: Secure foundations; Between-population comparisons in childhood experience: Some statistics; Differing rates of mental ill-health: Some possible explanations; Threats to security; Childhood adversity and the young person's resources when becoming a parent; What factors contribute to resilience? Breaking the chain later: Turning points Conclusions; 10 Strengthening support for children: Effective interventions; Does it work?; The challenge of delivering preventive support; Conclusion; 11 Society, status and participation; High socio-economic status is associated with good mental health; Employment, unemployment and mental health: Some implications; Help those recovering from mental ill-health to gain work; Status: Housing and neighbourhood disadvantage; Conclusions; 12 Ready to change; What matters?; A strong constitution/resilience: Developed through life Effective intervention to build resilience: Does it work?

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## Sommario/riassunto

Is there any evidence that we can reduce the incidence of mental ill health? Is it possible to prevent recurrence of mental ill health? Aspirations to achieve both these goals have featured in mental health policy and practice for over 100 years. This comprehensive and accessible book draws on research on the development and persistence of behavioural problems in childhood, adult depression and schizophrenia. The association between social disadvantage and mental ill health, as well as the need for preventive care to start from conception and the crucial importance of maternal

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