

# Mental health issues online



Watch the film *The Three Faces of Eve*

## Core studies of mental health

You may wish to learn more about the classic studies of mental health. You can read Rosenhan's study, 'On being sane in insane places' in full here: [www.tinyurl.com/suvnhqf](http://www.tinyurl.com/suvnhqf). You can find footage of Rosenhan describing the study himself on YouTube and watch an animated film of the study here: [www.tinyurl.com/llm9tm4](http://www.tinyurl.com/llm9tm4).

Read the full paper for the classic Thigpen and Cleckley case study, popularly known as 'The Three Faces of Eve' at: [www.tinyurl.com/msub2wl](http://www.tinyurl.com/msub2wl). You can also see a number of clips from the film *The Three Faces of Eve* and recent follow-ups with Chris Sizemore, the patient herself, on YouTube.

## Diagnosis of mental disorder

There are two major systems for classifying and diagnosing mental disorder. The World Health Organization publishes the *International Classification of Disease* (ICD-10). You can access the full document here: [www.tinyurl.com/loahwse](http://www.tinyurl.com/loahwse). The other is the *American Psychiatric Association's Diagnostic and Statistical Manual* 5th edition (DSM-V). You can access the full manual here: [www.tinyurl.com/nv2gnk9](http://www.tinyurl.com/nv2gnk9).

DSM-V is still fairly new, having been published in spring 2013, and it has generated huge controversy. You can read a straightforward critique of DSM-V, by the BBC, here: [www.tinyurl.com/bgs3k3h](http://www.tinyurl.com/bgs3k3h). For a more challenging assessment (offering you more stretch and challenge), try this article from the *Journal of Medical Ethics*: [www.tinyurl.com/m592ozy](http://www.tinyurl.com/m592ozy).

Matt Jarvis is a chartered psychologist and associate fellow of the BPS. He is an editor of *Psychology Review*, a teacher research fellow at Keele University.

Matt Jarvis gives us a run-down of the best online resources for psychology students

There is no shortage of information about mental health issues on the internet. A Google search for 'mental health' returns 685 million hits and 'therapy' returns 1 billion hits, although some of these will be for the (rather excellent) band of the same name and others for non-psychological therapies. Trawling through all of these as extra reading around your course is definitely beyond the call of duty.

## Getting started

The majority of mental health websites you come across in the first few pages of searching are hosted by charities and aim to provide basic information for sufferers of mental health problems and their families. These are certainly useful for their intended purpose, although they vary in quality. You might want to play safe and go for the National Health Service site: [www.tinyurl.com/ycvlot](http://www.tinyurl.com/ycvlot). However, this site is quite basic in terms of the sort of information you need as an A-level student.

Some charity sites are there specifically to put forward a particular viewpoint. Sane, for example, ([www.sane.org.uk](http://www.sane.org.uk)) promotes in-patient treatment as opposed to treatment in the community for patients suffering from psychoses. It's an interesting read as long as you are aware of the bias. To find out about the history of mental illness, the Science Museum maintains a site for exploring the history of medicine, including a large section on mental health: [www.tinyurl.com/38xvzmu](http://www.tinyurl.com/38xvzmu). Here you can read about issues ranging from psychiatric hospitals to discrimination against women in the mental health system, and you can take some psychiatric tests for yourself.

information, which helps us to survive as a species. The multi-store model was indeed an important historical step in characterising the *structure* of human memory into different systems. However, it fell out of favour because it focused too much on different types of memory, and did not address other aspects of memory, such as the types of information we remember, or how that information is processed. More recent research has continued to refine theories of memory systems, and has especially turned to understanding the brain regions involved in memory.

## Conclusion

Our brains house the impressive ability to remember many different types of poor semantic memory but generally intact and semantic dementia patients who have but relatively intact semantic memories, disease who have poor episodic memory, of another recently discovered double dis-

## References

Atkinson, R. C. and Shiffrin, R. M. (1968) 'Human memory: a proposed system and its control processes', in K. W. Spence and J. T. Spence, *The Psychology of Learning and Motivation* (Volume 2), Academic Press, pp. 89–195.

Drachman, D. C. and Arbib, J. (1966) 'Memory and the hippocampal complex', *Archives of Neurology*, Vol. 15, pp. 52–61.

Hodges, J. R. and Patterson, K. (2007) 'Semantic dementia: a unique clinicopathological syndrome', *Lancet Neurology*, Vol. 6, No. 11, pp. 1004–1014.

Irish, M., Hornberger, M., Lah, S., Miller, L., Pengas, G., Nestor, P. J., Hodges, J. R. and Piguet, O. (2011) 'Profiles of recent autobiographical memory retrieval in semantic dementia, behavioural-variant frontotemporal dementia, and Alzheimer's disease', *Neuropsychologia*, Vol. 49, No. 9, pp. 2694–2702.

Olson, I. R., Moore, K. S., Stark, M. and Charterjee, A. (2006) 'Visual working memory is impaired when the medial temporal lobe is damaged', *Journal of Cognitive Neuroscience*, Vol. 18, pp. 1087–1097.

Warrington, E. K. and Shallice, T. (1969) 'The selective impairment of auditory verbal short-term memory', *Brain*, Vol. 92, pp. 885–896.

Kristoffer Romero completed his PhD at the University of Toronto. His research generally focuses on the neuropsychology of memory and attention.

Morris Moscovitch is the Max and Diana Glassman Chair in Aging and Neuropsychology at the University of Toronto. He has published over 200 articles on human memory and face perception, and is a fellow of the Royal Society of Canada.



# Success in all your A-level subjects!

Did you know we publish all these A-level magazines to help you get the grades you need?

- Go to [www.hoddereducation.co.uk/magazines](http://www.hoddereducation.co.uk/magazines) for:
- All the latest information on each title
- Simple ordering options, including subscriptions sent straight to your home

From as little as **£2.50** an issue, each print magazine stretches your subject knowledge and gives you focused topical content for your studies, in print and online!

Alternatively, contact our customer services department direct on **01235 827827**.

