

Self Management And Relationship Management As Determinants Of Mental Health Disorders Among Internet Addicted University Students In Rivers State Nigeria

Kenneth Paul Rosenberg MD, Laura Curtiss Feder PsyD

Examining the Impact that the Locus of Control, Emotional Intelligence, and Narcissism Have on Internet Addiction and Information Disclosure Among College Students Antonio Avant, 2017 This research analyzes the variables that may impact Internet addiction and information disclosure among college students in two Midwestern universities of both public and private status. The correlation between the locus of control, emotional intelligence (EI), and narcissism to Internet addiction and information disclosure was examined. The study comprised of surveys of 132 subjects ranging from bachelor to doctoral degree-level students, but completed surveys were collected from 114 people. The survey responses were examined by utilizing a correlation analysis to assess the statistical significance and the relational relevance between the variables. The correlation analysis performed determined the relationship between the three independent variables (i.e., narcissism, the locus of control, and EI) and each of the dependent variables (i.e., Internet addiction and information disclosure). Each combined score for each survey was used for narcissism, the locus of control, and EI, which showed no significant correlation with Internet addiction. However, there was a statistical relationship between narcissism and information disclosure, and only a slight relationship between the locus of control and information disclosure. There was a less than modest negative relationship between EI and both information disclosure and Internet addiction. Further examination of each of EI's subdimensions (self-awareness, empathy, relationship management, and self-management) found no correlation. An evaluation to determine the influence that gender has on each of the variables reviewed that females had a correlation between locus of control and narcissism to information disclosure and males were found to have no correlation.

The Social Determinants of Mental Health Michael T. Compton, Ruth S. Shim, 2015-04-01 The Social Determinants of

Mental Health aims to fill the gap that exists in the psychiatric, scholarly, and policy-related literature on the social determinants of mental health: those factors stemming from where we learn, play, live, work, and age that impact our overall mental health and well-being. The editors and an impressive roster of chapter authors from diverse scholarly backgrounds provide detailed information on topics such as discrimination and social exclusion; adverse early life experiences; poor education; unemployment, underemployment, and job insecurity; income inequality, poverty, and neighborhood deprivation; food insecurity; poor housing quality and housing instability; adverse features of the built environment; and poor access to mental health care. This thought-provoking book offers many beneficial features for clinicians and public health professionals: Clinical vignettes are included, designed to make the content accessible to readers who are primarily clinicians and also to demonstrate the practical, individual-level applicability of the subject matter for those who typically work at the public health, population, and/or policy level. Policy implications are discussed throughout, designed to make the content accessible to readers who work primarily at the public health or population level and also to demonstrate the policy relevance of the subject matter for those who typically work at the clinical level. All chapters include five to six key points that focus on the most important content, helping to both prepare the reader with a brief overview of the chapter's main points and reinforce the take-away messages afterward. In addition to the main body of the book, which focuses on selected individual social determinants of mental health, the volume includes an in-depth overview that summarizes the editors' and their colleagues' conceptualization, as well as a final chapter coauthored by Dr. David Satcher, 16th Surgeon General of the United States, that serves as a Call to Action, offering specific actions that can be taken by both clinicians and policymakers to address the social determinants of mental health. The editors have succeeded in the difficult task of balancing the individual/clinical/patient perspective and the population/public health/community point of view, while underscoring the need for both groups to work in a unified way to address the inequities in twenty-first century America. The Social Determinants of Mental Health gives readers the tools to understand and act to improve mental health and reduce risk for mental illnesses for individuals and communities. Students preparing for the Medical College Admission Test (MCAT) will also benefit from this book, as the MCAT in 2015 will test applicants' knowledge of social determinants of health. The social determinants of mental health are not distinct from the social determinants of physical health, although they deserve special emphasis given the prevalence and burden of poor mental health.

Internet Use and Addiction Among College Students and Its Relation with Personality Traits Loneliness and Psychological Wellbeing Sode Jaimala Ashok Ashok, 2022-11-16 The use of internet, computers, smartphones and different electronic devices has dramatically exaggerated over recent decades, and this increase is associated not solely with clear and tremendous advantages to the users, however additionally with documented cases of excessive use which frequently has negative health consequences. In associate increasing variety of states, the matter has reached the magnitude of a big public

health concern. So many physical and psychological issues are created by excessive internet use. Internet addiction is answerable for poor tutorial performance of scholars, work connected problems, marital status issues, and social relationship connected problems. The scientific study of these motivations and their subsequent effects is of utmost importance to gain a deeper insight into the problem. The present study aimed to examine the internet use and addiction among college students and their relationship with personality traits, loneliness and psychological well-being among college students. The sample of the present study included 360 college students out of which 180 male and 180 female conventional degree college students and the age group of the sample was 18 to 25 years. The sample was selected from various colleges in Nashik city. The present study followed the comparative and correlational research design. Data was obtained through convenient (incidental/purposive) sampling technique. The tools of the study comprised of the Internet Addiction Test (IAT) by Kimberly Young (1998), NEO PI-R Personality Inventory by & Costa McCrae (1992), Loneliness Inventory by Uma Meenakshi R. and K. Krishnan (2010) and Psychological Well-Being Scale by D.S. Sisodia and Pooja Choudhary (2010).

Applying Social Cognitive Theory to the University Adjustment Process Laura A. Nichols,2011

Global Mental Health Vikram Patel,Harry Minas,Alex Cohen,Martin Prince,2013-11 This is the definitive textbook on global mental health, an emerging priority discipline within global health, which places priority on improving mental health and achieving equity in mental health for all people worldwide.

Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine,Health and Medicine Division,Board on Health Sciences Policy,Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse,2017-10-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

EBOOK: A Sociology of Mental Health and Illness Anne Rogers,David Pilgrim,2014-05-16 How do we understand mental health problems in their social context? A former BMA Medical Book of the Year award winner, this book provides a sociological analysis of major areas of mental health and illness. The book considers contemporary and historical aspects of

sociology, social psychiatry, policy and therapeutic law to help students develop an in-depth and critical approach to this complex subject. New developments for the fifth edition include: Brand new chapter on prisons, criminal justice and mental health Expanded coverage of stigma, class and social networks Updated material on the Mental Capacity Act, Mental Health Act and the Deprivation of Liberty A classic in its field, this well established textbook offers a rich and well-crafted overview of mental health and illness unrivalled by competitors and is essential reading for students and professionals studying a range of medical sociology and health-related courses. It is also highly suitable for trainee mental health workers in the fields of social work, nursing, clinical psychology and psychiatry. Rogers and Pilgrim go from strength to strength! This fifth edition of their classic text is not only a sociology but also a psychology, a philosophy, a history and a polity. It combines rigorous scholarship with radical argument to produce incisive perspectives on the major contemporary questions concerning mental health and illness. The authors admirably balance judicious presentation of the range of available understandings with clear articulation of their own positions on key issues. This book is essential reading for everyone involved in mental health work. Christopher Dowrick, Professor of Primary Medical Care, University of Liverpool, UK Pilgrim and Rogers have for the last twenty years given us the key text in the sociology of mental health and illness. Each edition has captured the multi-layered and ever changing landscape of theory and practice around psychiatry and mental health, providing an essential tool for teachers and researchers, and much loved by students for the dexterity in combining scope and accessibility. This latest volume, with its focus on community mental health, user movements criminal justice and the need for inter-agency working, alongside the more classical sociological critiques around social theories and social inequalities, demonstrates more than ever that sociological perspectives are crucial in the understanding and explanation of mental and emotional healthcare and practice, hence its audience extends across the related disciplines to everyone who is involved in this highly controversial and socially relevant arena. Gillian Bendelow, School of Law Politics and Sociology, University of Sussex, UK From the classic bedrock studies to contemporary sociological perspectives on the current controversy over which scientific organizations will define diagnosis, Rogers and Pilgrim provide a comprehensive, readable and elegant overview of how social factors shape the onset and response to mental health and mental illness. Their sociological vision embraces historical, professional and socio-cultural context and processes as they shape the lives of those in the community and those who provide care; the organizations mandated to deliver services and those that have ended up becoming unsuitable substitutes; and the successful and unsuccessful efforts to improve the lives through science, challenge and law. Bernice Pescosolido, Distinguished Professor of Sociology, Indiana University, USA

MhGAP Intervention Guide for Mental, Neurological and Substance-Use Disorders in Non-specialized Health Settings - Version 2.0 World Health Organization, 2017-01-27 Mental, neurological and substance use (MNS) disorders are highly prevalent, accounting for a substantial burden of disease and disability globally. In order to bridge the gap between available

resources and the significant need for services, the World Health Organization launched the Mental Health Gap Action Programme (mhGAP). The objective of mhGAP is to scale-up care and services using evidence-based interventions for prevention and management of priority MNS conditions. The mhGAP Intervention Guide version 1.0 for MNS disorders for non-specialist health settings was developed in 2010 as a simple technical tool to allow for integrated management of priority MNS conditions using protocols for clinical decision-making. With uptake in over 90 countries, mhGAP-IG 1.0 version has had widespread success. It is our pleasure to present mhGAP version 2.0, with updates incorporating new evidence-based guidance, enhanced usability, and new sections to expand its use by both health care providers as well as programme managers. It is our hope that this guide will continue to provide the road-map to deliver care and services for people with MNS disorders around the world and lead us closer to achieving the goal of universal health coverage.

MhGAP Humanitarian Intervention Guide (mhGAP-HIG) World Health Organization, 2015-05-20 The mhGAP Intervention Guide (IG) is a clinical guide on mental neurological and substance use disorders for general health care workers who work in non-specialized health care settings particularly in low- and middle-income countries. These health care workers include general physicians family physicians nurses and clinical officers. The mhGAP programme provides a range of tools to support the work of health care providers as well as health policy makers and planners The proposed guide is an adaptation of the mhGAP Intervention Guide to be used in humanitarian settings. These settings include a broad range of acute and chronic emergency situations arising from armed conflicts natural disasters and industrial disasters and may include mass displacement of populations (eg refugees and/or internally displaced people).

Mental Health in the Digital Age Elias Aboujaoude, Vladan Starcevic, 2015 The internet and related technologies have reconfigured every aspect of life, including mental health. Although the negative and positive effects of digital technology on mental health have been debated, all too often this has been done with much passion and few or no supporting data. This book brings together distinguished experts from around the world to review the evidence relating to this area.

Homelessness, Health, and Human Needs Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

Reducing the Stigma of Mental Illness Norman Sartorius, Hugh Schulze, 2005-05-26 Details the results of the Open Doors Programme, set up to fight the stigma/discrimination attached to schizophrenia.

Equity, Social Determinants and Public Health Programmes World Health Organization, 2010 1. Introduction and methods of work.-- 2. Alcohol: equity and social determinants.-- 3. Cardiovascular disease: equity and social determinants.-- 4. Health and nutrition of children: equity and social determinants.-- 5. Diabetes: equity and social determinants.-- 6. Food safety: equity and social determinants.-- 7. Mental disorders: equity and social determinants.-- 8. Neglected tropical diseases: equity and social determinants.-- 9. Oral health: equity and social determinants.-- 10. Unintended pregnancy and pregnancy outcome: equity and social determinants.-- 11. Tobacco use: equity and social determinants.-- 12. Tuberculosis: the role of risk factors and social determinants.-- 13. Violence and unintentional injury: equity and social determinants.-- 14. Synergy for equity.

Behavioral Addictions Kenneth Paul Rosenberg MD, Laura Curtiss Feder PsyD, 2014-02-17 DSM-V broke new ground in May of 2013, designating a new disorder called behavioral addiction. Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? Behavioral Addictions is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for behavior to be considered an addiction designation Discusses the evidence for behaviors meeting addiction criteria Identifies what is now, likely will be, and is not a behavioral addiction per evidence Discusses behaviors formerly considered impulse control disorders Presents evidence-based treatment for each behavioral addiction

Depressive Disorders: Mechanisms, Measurement and Management Yiru Fang, 2019-11-29 This book offers a state-of-the-art report on recent discoveries concerning the basic and clinical, neuroscientific and psychiatric findings in depression research. Depressive disorder is a severe and recurrent brain disorder that can manifest in depressive mood, somatic symptoms and cognitive impairment. The underlying mechanisms of depressive disorder and its clinical practice are subjects of long-standing interests. This book is a biologically plausible and multilevel theory which describes neural, physiological, molecular and genomic mechanisms that drive depression pathogenesis, as well as navigates the clinical practice and management for depressive disorder. It mainly describes advances made over the past 20 years on the neural, molecular, neuroimaging, physiology, pathophysiology, pharmacology and internet-based measurement and management of depressive disorder. It will help postgraduate students and academic researchers to get either basic or clinical picture of depressive disorder. Also, it may benefit pharmaceutical companies for developing novel drugs to treat this disease.

Closing the Gap in a Generation WHO Commission on Social Determinants of Health, World Health Organization, 2008
Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death. We watch in wonder as life expectancy and good health continue to increase in parts of the world and in alarm as they fail to improve in others.

Procrastination and Task Avoidance Joseph R. Ferrari, Judith L. Johnson, William G. McCown, 2013-06-29

Procrastination is a fascinating, highly complex human phenomenon for which the time has come for systematic theoretical and therapeutic effort. The present volume reflects this effort. It was a labor of love to read this scholarly, timely book-the first of its kind on the topic. It was especially encouraging to find that its authors are remarkably free of the phenomenon they have been investigating. One might have expected the opposite. It has often been argued that people select topics that trouble them and come to understand their problems better by studying or treating them in others. This does not appear to be true of the procrastination researchers represented in this book. I base this conclusion on two simple observations. First, the work is replete with recent references and the book itself has reached the reader scarcely a year following its completion. Second, when one considers the remarkable pace of programmatic research by these contributors during the past decade, it is clear that they are at the healthy end of the procrastination continuum. The fascinating history of the term procrastination is well documented in this book. The term continues to conjure up contrasting, eloquent images-especially for poets. When Edward Young wrote in 1742, Procrastination is the Thief of Time, he was condemning the waste of the most precious of human commodities.

Oxford Textbook of Public Mental Health Dinesh Bhugra, Kamaldeep Bhui, Samuel Yeung Shan Wong, Stephen E.

Gilman, 2018-09-13 Prevention of mental illness and mental health promotion have often been ignored in the past, both in undergraduate and postgraduate curricula. Recently, however, there has been a clear shift towards public mental health, as a result of increasing scientific evidence that both these actions have a serious potential to reduce the onset of illness and subsequent burden as a result of mental illness and related social, economic and political costs. A clear distinction between prevention of mental illness and mental health promotion is critical. Selective prevention, both at societal and individual level, is an important way forward. The Oxford Textbook of Public Mental Health brings together the increasing interest in public mental health and the growing emphasis on the prevention of mental ill health and promotion of well-being into a single comprehensive textbook. Comprising international experiences of mental health promotion and mental well-being, chapters are supplemented with practical examples and illustrations to provide the most relevant information succinctly. This book will serve as an essential resource for mental and public health professionals, as well as for commissioners of services, nurses and community health visitors.

Relational Depth Rosanne Knox, David Murphy, Susan Wiggins, 2012-12-17 This wide-ranging textbook offers a fascinating

survey of the latest thinking and research on in-depth therapeutic encounters by bringing together the latest theory, research and practice on working at relational depth with clients in counselling and psychotherapy. By exploring the meaning, challenges and experiences of relational depth, it provides insight into an important dimension of therapeutic practice and, for many, will act as a guide to new ways of thinking about their therapeutic relationships. This book is an essential read for all trainees and practitioners in counselling and psychotherapy who want to deepen their levels of therapeutic relating.

Education for Sustainable Development Goals Rieckmann, Marco, 2017-03-20

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