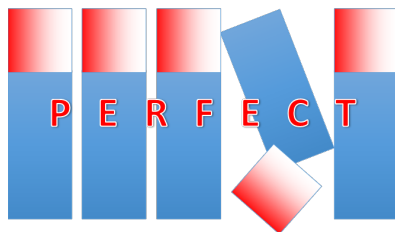




# Philosophy of Mind Workshop Series

## 5. Models of mental health



European  
Research  
Council



Workshop series developed by Sophie Stammers, research fellow at Project PERFECT, University of Birmingham, and conceived of in partnership with Mind in Camden in 2017. Email [s.stammers@bham.ac.uk](mailto:s.stammers@bham.ac.uk)

# Today's session: Guiding questions

- 1) How are distress or illness and mental wellbeing or health related?
- 2) What shapes mental wellbeing or health, and where does illness/distress originate? Biology, psychology or society?

1) How are distress or illness and mental wellbeing or health related?

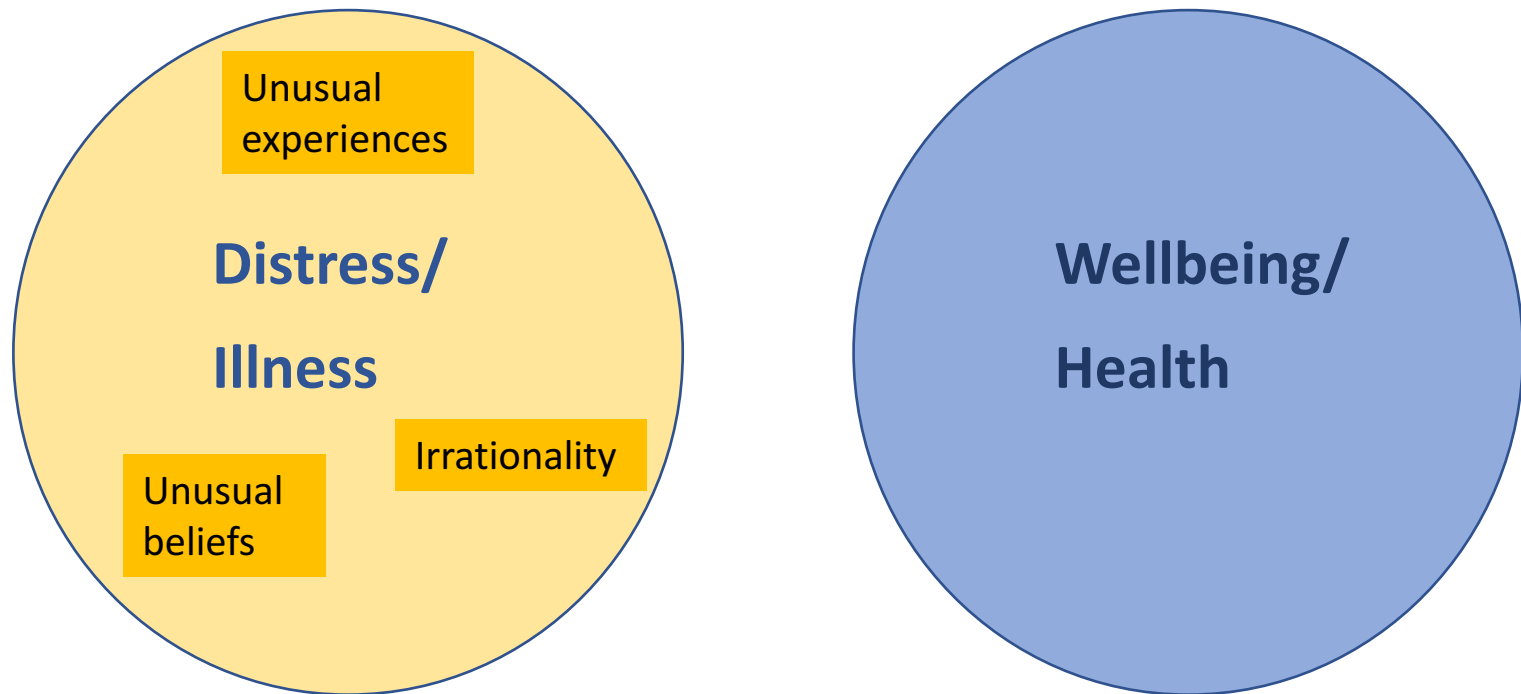
Categorical  
vs  
Continuum model

# Categorical model



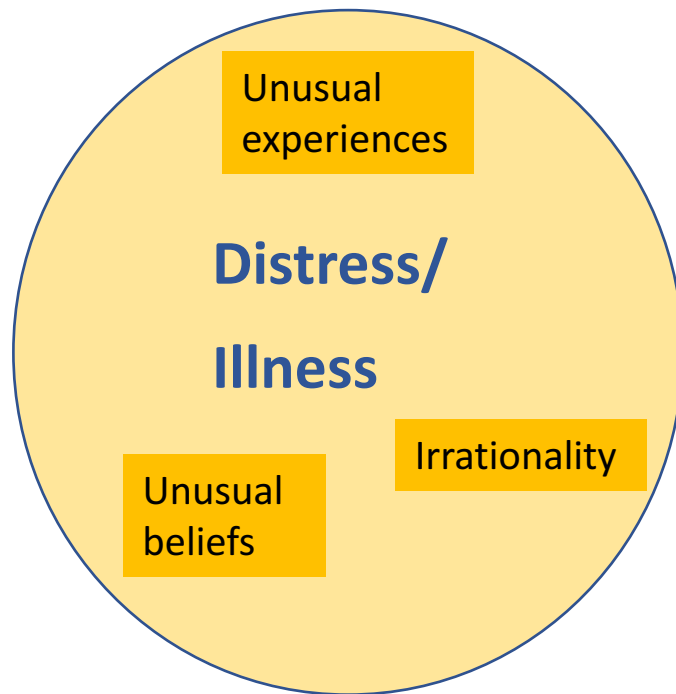
# Categorical model

*Perhaps...*



# Categorical model

*Perhaps...*



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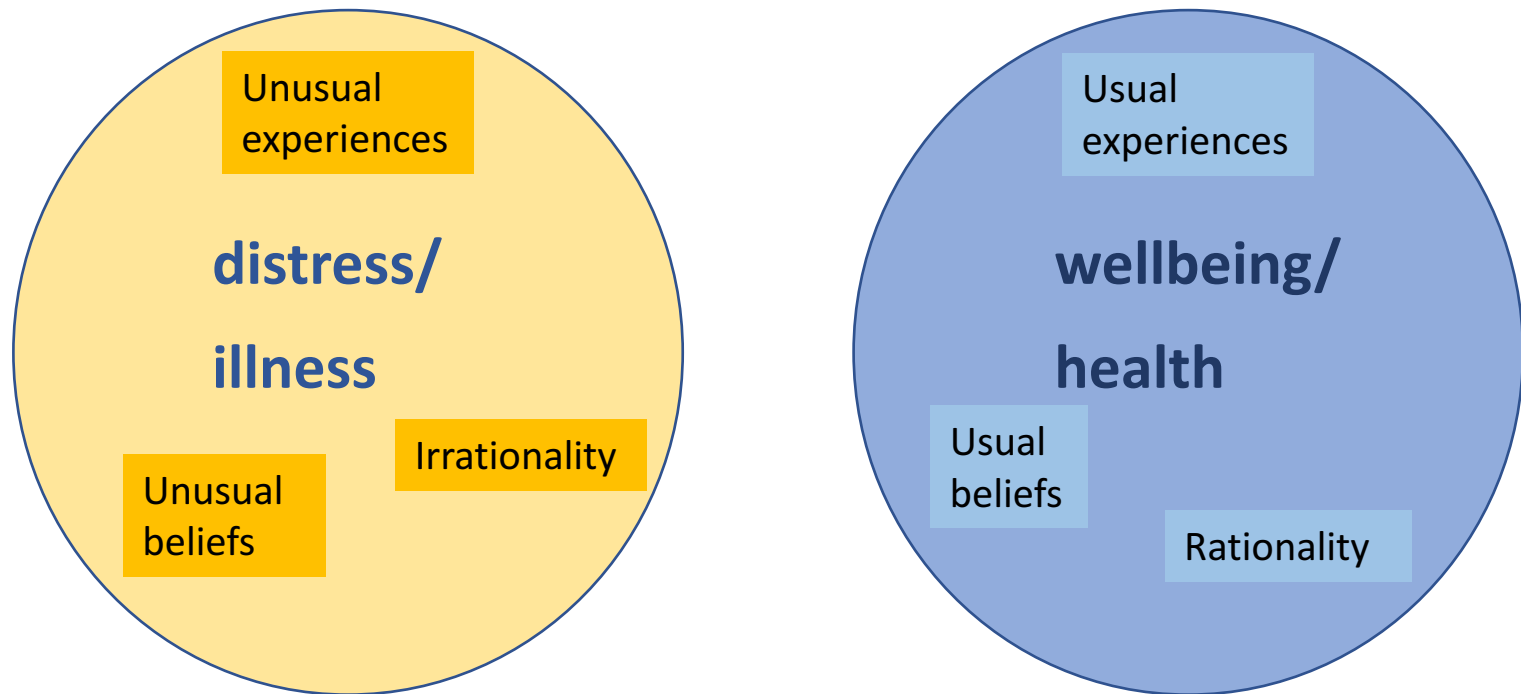
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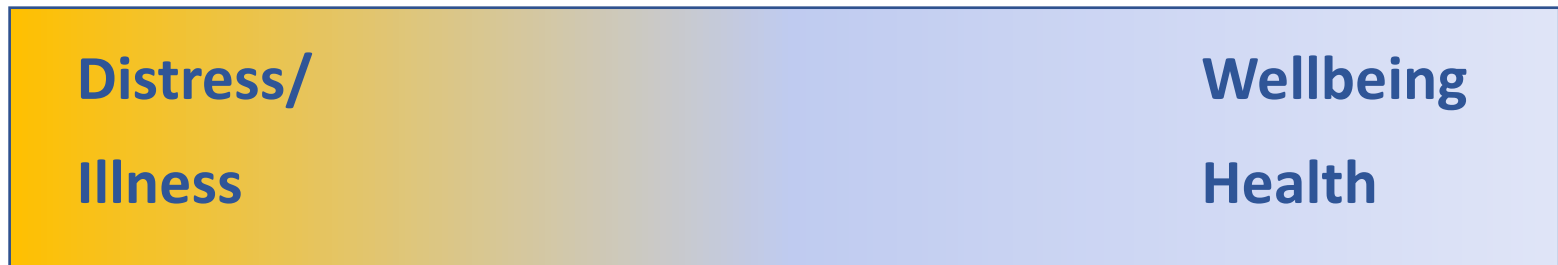
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# Categorical model again



# Continuum model



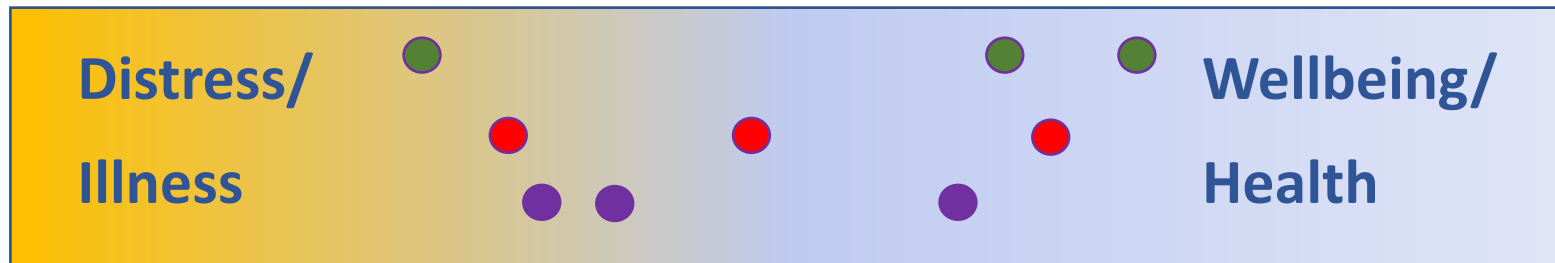
# Continuum model

A (much simplified!) map of the cognitions of 3 individuals:

Ava: ●

Ameer: ●

Chris: ●



## Categorical model



## Continuum model



Any other suggestions?

What shapes mental  
health?

# Medical model

Genetic, biological factors

Dominant narrative cites factors beyond the individual's control.

Recovery/management = Changes to the self

# Psychological model

Psychological factors, e.g. “personality” and “temperament”

Dominant narrative places responsibility and sometimes blame on the individual.

Recovery/management = Changes to the self

# Social model

## Social and societal factors

Dominant narrative is critical of features beyond the individual, e.g. personal relationships, and features of society such as the distribution of wealth and other societal resources

Recovery/management = Changes to relationships and society



# Bio-psycho-social model

Mixture of all three! Biological, psychological and social and societal factors.

There may be causal relationships between some of the factor. (e.g. structural injustice in society can have the effect of brining about psychological distress)

Recovery/management = Changes to society and the self

Any others?

What are the implications for diagnosis?

What are the implications for diagnosis?

What are the implications for mental health stigma?

# ‘Watching’ for session 6

Lisa Bortolotti, TEDx talk: “The three stigmas about mental health we need to deconstruct”:

<https://tinyurl.com/m5watching1>