

Beliefs about Mental Illness

Please indicate whether the belief statement is true, somewhat true, or false.

Belief		Notes
1. The fact that many, if not most, people have experienced mental health problems that mimic or even match some of the symptoms of a diagnosable mental disorder, tends to prompt many people to underestimate the painful, disabling, nature of severe mental illness.	True Somewhat true False	
2. Diagnoses of mental disorders made using specific criteria are as reliable as those for general medical disorders.	True Somewhat true False	
3. The <i>DSM-IV-TR</i> classifies people according to a mental illness and its symptoms.	True Somewhat true False	
4. Shame and stigma are the major reasons people with mental health problems avoid seeking treatment, regardless of their race or ethnicity.	True Somewhat true False	
5. Mental illness affects a person's intelligence, so he/she often enjoys simple and childlike things.	True Somewhat true False	
6. Mental illness is a chronic condition, and the individual most often deteriorates over time.	True Somewhat true False	
7. A person with mental illness will probably not be able to hold a job.	True Somewhat true False	
8. Even if able to work, the person with mental illness will probably only be able to hold a low-level, low-stress job.	True Somewhat true False	

Belief		Notes
9. People with schizophrenia have several "selves," which often talk to one another.	True Somewhat true False	
10. Talking about depression to someone who is depressed will most likely make it worse.	True Somewhat true False	
11. People who are manic will appear happy and euphoric.	True Somewhat true False	
12. People with a mental illness stop taking their medication because they lack insight or because they intend to sabotage their treatment.	True Somewhat true False	
13. Normal aging is often accompanied by mental and cognitive disorders.	True Somewhat true False	
14. Mental illness, no less than mental health, is influenced by age, gender, race, and culture as well as other factors of diversity.	True Somewhat true False	
15. People with mental illness are more likely to be violent than those without.	True Somewhat true False	
16. Best practice states that we must help the person with mental illness accept their illness and adjust their personal and professional goals accordingly.	True Somewhat true False	
17. People's willingness to seek help is contingent on their confidence that personal revelations of mental distress will not be disclosed without their consent.	True Somewhat true False	

The Geriatric Depression Scale

1. Are you basically satisfied with your life?	Yes	No
2. Have you dropped many of your activities and interests?	Yes	No
3. Do you feel that your life is empty?	Yes	No
4. Do you often get bored?	Yes	No
5. Are you hopeful about the future?	Yes	No
6. Are you bothered by thoughts you can't get out of your head?	Yes	No
7. Are you in good spirits most of the time?	Yes	No
8. Are you afraid that something bad is going to happen to you?	Yes	No
9. Do you feel happy most of the time?	Yes	No
10. Do you often feel helpless?	Yes	No
11. Do you often get restless and fidgety?	Yes	No
12. Do you prefer to stay at home, rather than going out and doing new things?	Yes	No
13. Do you frequently worry about the future?	Yes	No
14. Do you feel you have more problems with memory than most?	Yes	No
15. Do you think it is wonderful to be alive now?	Yes	No
16. Do you often feel downhearted and blue?	Yes	No
17. Do you feel pretty worthless the way you are now?	Yes	No
18. Do you worry a lot about the past?	Yes	No
19. Do you find life very exciting?	Yes	No
20. Is it hard for you to get started on new projects?	Yes	No
21. Do you feel full of energy?	Yes	No
22. Do you feel that your situation is hopeless?	Yes	No
23. Do you think that most people are better off than you are?	Yes	No
24. Do you frequently get upset over little things?	Yes	No
25. Do you frequently feel like crying?	Yes	No
26. Do you have trouble concentrating?	Yes	No
27. Do you enjoy getting up in the morning?	Yes	No
28. Do you prefer to avoid social gatherings?	Yes	No
29. Is it easy for you to make decisions?	Yes	No
30. Is your mind as clear as it used to be?	Yes	No

Scoring for the GDS

This is the original scoring for the scale: One point for each of these answers [they are bolded on the sheet]. Cutoff:

normal, 0-9

mild depressives, 10-19

severe depressives, 20-30.

1. no	6. yes	11. yes	16. yes	21. no	26. yes
2. yes	7. no	12. yes	17. yes	22. yes	27. no
3. yes	8. yes	13. yes	18. yes	23. yes	28. yes
4. yes	9. no	14. yes	19. no	24. yes	29. no
5. no	10. yes	15. no	20. yes	25. yes	30. no

Yesavage JA, Brink TL, Rose TL, Lum O, Huang V, Adey MB, Leirer VO: Development and validation of a geriatric depression screening scale: A preliminary report. *Journal of Psychiatric Research* 17: 37-49, 1983. See the on-line version at <http://www.stanford.edu/~yesavage/GDS.html>.

GOAL

- ▶ Describe effective DSS social work practice in working with individuals with SPMI, including assessment, planning, intervention, and evaluation techniques.
- ▶ Recognize changes in individual's behaviors that may signal problems with medication compliance.
- ▶ Recognize the ambivalent feelings that a person with severe and persistent mental illness may have about using psychiatric medications and how it may affect their illness.
- ▶ Identify resources (e.g., Physicians Drug Reference, Nurses Drug reference, pharmacist) that may increase the workers' knowledge of psychotropic medications.