

A-Level Psychology Summer Work

Clinical Psychology

One of the first topics we study is called **clinical psychology and mental health**. We all have knowledge of what we perceive depression to be, but in other countries, it is perceived and treated differently. As psychologists, it is important to investigate these cultural differences.

Task: How mental health is perceived in different cultures.

Create a presentation or factsheet showing your research on how collectivist and individualistic cultures perceive mental health and why some cultures have their own "culture bound syndromes". You may want to research or think about:

- How the UK (a Western culture) defines and views mental illness.
- How the UK diagnoses mental health issues (DSM-V)
- How much mental health is spoken about → School curriculum, radio, TV, awareness days/weeks etc.
- Japan and its views towards mental health.
- Why do different countries have different mental illnesses?
- Taijin Kyofusho / Hikikomori / Koro / Brain Fog



Extra resources that may help:

- <https://www.bbc.com/future/article/20200604-what-we-can-learn-from-untranslatable-illnesses>
- <https://www.aafp.org/afp/2010/0115/p206.html>
- <https://www.theatlantic.com/health/archive/2016/04/the-diseases-you-only-get-if-you-believe-in-them/479367/>
- <https://brainblogger.com/2014/09/03/is-anorexia-a-modern-culture-bound-disorder/>
- <https://ourtime.org.uk/stories/the-relationship-between-culture-and-mental-illness/>
- <https://psychcentral.com/health/how-adults-can-help-black-youth-with-mental-health#The-Black-youth-mental-health-crisis>
- <https://www.medicalnewstoday.com/articles/depression-in-hispanic-culture#definition>
- <https://undark.org/2021/10/08/book-review-the-mystery-illnesses-informed-by-culture/>

Key definitions:

Ethnocentric	Regarding one's own culture as more superior than others.
Individualistic	A culture that emphasises the individual and independence.
Collectivist	A culture that emphasises unity of the community rather than each person's individuality
DSM-V	The most recent diagnostic manual for mental disorders
Culture-bound syndrome	A mental illness that is unique to a specific cultural population and does not conform to standard classifications of psychiatric disorders.

Challenge Task:

If you feel that you could further develop your research, consider the following question within your write-up:

Did society create mental illness or was it always here?

Due first psychology lesson in September