

CONTENTS

ACKNOWLEDGMENTS	ix
PART ONE: INTRODUCING THE SUBJECT	
1. INTRODUCTION	1
1.1 Background	1
1.2 Purpose	3
1.3 A structural synopsis of this book	4
1.4 Method	6
1.5 The significance of an analysis of the notion of “positive mental health”	8
1.6 What is the mental?	9
1.7 On possible causes of mental health	10
1.8 A summary of this book	10
PART TWO: SOME ATTEMPTS TO DEMARCAT MENTAL MEALTH	
2. PSYCHIATRY AND POSITIVE ENTAL HEALTH	15
2.1 Psychiatric textbooks and positive mental health	15
2.1.1 Concepts of health and disease	16
2.1.2 Conclusion	25
2.2 Psychiatric diagnostics and positive mental health	26
2.2.1 The Diagnosis of Mental Disorders	27
2.2.2 Conclusion	34
3. PSYCHOANALYSIS, HUMANISTIC PSYCHOLOGY AND POSITIVE MENTAL HEALTH	35
3.1 Psychoanalysis	35
3.1.1 The goals of psychoanalysis and analytic psychotherapy	37
3.1.2 Conclusions	40
3.2 Humanistic Psychology	41
3.2.1 Carl Rogers on mental health	41
3.2.2 Conclusion	44

4. MARIE JAHODA'S CURRENT CONCEPTS OF POSITIVE MENTAL HEALTH	47
4.1 Introduction	47
4.1.1 Mental health as absence of mental disease	48
4.1.2 Normality	49
4.1.3 Well-being	49
4.2 Six groups of criteria for positive mental health	50
4.2.1 Attitudes toward the self	50
4.2.2 Growth, development, and self-actualization	52
4.2.3 Integration	53
4.2.4 Autonomy	54
4.2.5 Perception of reality	55
4.2.6 Environmental mastery	56
4.2.7 Some general comments	59
4.3 A discussion of the criteria proposed by Jahoda	60
4.3.1 Attitudes toward the self	60
4.3.2 Growth, development, and self-actualization	65
4.3.3 Integration	68
4.3.4 Autonomy	70
4.3.5 Perception of reality	70
4.3.6 Environmental mastery	72
4.4 Conclusion	77
 PART THREE: TOWARD A THEORY OF POSITIVE MENTAL HEALTH	
5. THEORIES OF HEALTH	81
5.1 Introduction	81
5.2 Reznick's theory	82
5.3 Boorse's biostatistical theory	83
5.3.1 A Critique of Boorse's analytical theory	84
5.3.2 Conclusion	87
5.4 Nordenfelt's holistic theory	88
5.4.1 A critique of Nordenfelt's theory	89
5.5 Conclusion	93
5.6 Pestana's theory of mental health	94
 6. AN ANALYSIS AND A QUASI-EMPIRICAL INVESTIGATION OF SOME MENTAL ABILITIES	97
6.1 Introduction	97
6.1.1 Acceptable mental health	97
6.1.2 The concept "ability"	100
6.1.3 A choice of mental features to be further discussed	102
6.1.4 Well-being and the absence of ill-being	103
6.2 Cognitive abilities	104
6.2.1 Memory	105

6.2.2 Correct Perception of Reality	105
6.2.3 Rationality	107
6.2.4 Problem-Solving Capacity	114
6.2.5 Flexibility and Creativity	117
6.3 Feelings	122
6.3.1 Emotions, moods, and sensations	122
6.4 Self-related attitudes	127
6.4.1 Self-knowledge	127
6.4.2 Self-confidence and Self-esteem	129
6.5 Autonomy	130
6.6 Social abilities	133
6.6.1 The mental ability to communicate	133
6.6.2 The pragmatics of communication	136
6.7 Co-operation	136
6.8 Summary	137
6.8.1 Potentiality and actuality	138
6.8.2 Syndrome	139
 7. TOWARD A MATERIAL THEORY OF ACCEPTABLE MENTAL HEALTH	 141
7.1 Acceptable mental health as practical rationality and the ability to co-operate	141 142
7.1.1 The ability of practical rationality	142
7.1.2 The ability to co-operate	147
7.1.3 Conclusion	150
 PART FOUR: CONSEQUENCES AND CONCLUSION	
 8. THE VALUE OF A CONCEPTUAL ANALYSIS FOR MEASURING MENTAL HEALTH	 153
8.1 Psychotherapy outcome research	153
8.1.1 Some general problems in outcome research	153
8.1.2 A manual for assessing progress in psychotherapy	157
8.2 Health-measuring instruments	161
8.2.1 The Mental Health Inventory	162
8.2.2 The General Health Questionnaire	165
8.3 Conclusion	166
 9. CONCLUSION	 167
9.1 Summary	167
9.2 Two possible objections	169
9.2.1 Gender	169
9.2.2 Morality	170
9.2.3 Personality	171
9.3 Final remarks	171

BIBLIOGRAPHY	173
SUBJECT INDEX	179
NAME INDEX	181

Mental Health

A Philosophical Analysis

Tengland, P.-A.

2001, XI, 182 p., Hardcover

ISBN: 978-1-4020-0179-6