

Chapter 26

Mental Health and Cognitive Behavioral Therapy: Advanced Issues and Approaches

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ABSTRACT

This chapter reveals the important perspectives on mental health, mental illness, and technology utilization; mental health education and mental health nursing; the overview of Cognitive Behavioral Therapy (CBT); CBT, depression, anxiety, and insomnia; CBT and Obsessive-Compulsive Disorder (OCD); and CBT and heart failure. Mental health strengthens the individuals' ability to have healthy relationships; make good life choices; maintain physical health and well-being; handle the natural ups and downs of life; and grow toward individuals' potential. Mental health is associated with higher productivity, better performance, more consistent work attendance, and fewer workplace accidents. CBT is a goal-oriented psychotherapy treatment that takes a practical approach to problem-solving skills. CBT involves recognizing the unhelpful or destructive patterns of thinking and reacting, thus modifying or replacing these patterns with more realistic or helpful ones.

INTRODUCTION

The severity and high levels of disability associated with mental illness have led to the increased global efforts to address the mental health problems, in particular those targeted at prevention (Martin & McKay, 2014). Health problems often track from youth to adulthood, indicating the requirement to effectively understand the overall health of young people with mental illness (McCloughen, Foster, Huws-Thomas, & Delgado, 2012). The emerging mental illness increases the existing stress and contradicts the expectations of this stage, as many young adults encounter physical and emotional weakness for the first time and divert from intended plans (Cameron, 2014). As health information becomes available through the Internet and the Web 2.0, mental health professionals are able to develop the strategic plans for taking care of their patients (Prasad, 2017).

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With the advent of the Internet and the Web 2.0, mental health services have led to an increase in the presentation and care of mental health patients in generalist health settings (Brunero, Jeon, & Foster, 2012). There is an abundance of research available about the utilization of information and communication technology (ICT) in mental health (Namle, Ghapanchi, & Amrollahi, 2016). The rapid application of technology offers the potentially innovative approaches to promoting mental health among young people, addressing a significant public health challenge (Burns, Blanchard, & Metcalf, 2013). Technology designed specifically for health has proved useful as a complementary form of providing the mental health services (Marks & Bowers, 2015). Mental health patients need to be able to reintegrate in the community to achieve the full normality (Cooper, 2010).

The advances in modern technology have created a diverse field of applications for the care of people with cognitive impairment (Georgakopoulos, Chatzidimitriou, & Tsolaki, 2015). The web-based CBT has several benefits compared to the face-to-face treatment, including high treatment reliability, increased convenience, reduced cost, and scalability (Newby, Twomey, Li, & Andrews, 2016). CBT is a relatively efficacious intervention for a range of psychological disorders when delivered in the well-controlled research trials (Levita, Duhne, Girling, & Waller, 2016) and refers to a collection of therapeutic techniques and strategies that are used to alter behavior by teaching individuals to actively participate in understanding their own thoughts and behaviors (Cajanding, 2016).

This chapter is based on a literature review of mental health and CBT. The extensive literature of mental health and CBT provides a contribution to practitioners and researchers by revealing the advanced issues and approaches of mental health and CBT in the health care industry.

Background

Research into mental health has resulted in a wide range of information and publications covering different aspects of mental health and addressing a variety of problems (Hadzic & Dillon, 2010). In the health care industry, the contemporary models of mental health care emphasize the importance of multidisciplinary approaches in supporting the recovery for individuals (Rosenberg & McDermott, 2016). There is an important relationship between physical activity and mental health (Happell, Platania-Phung, & Scott, 2011). It is essential to have a fundamental shift in the context of the provider–service user relationship to effectively facilitate service users' engagement in their mental health care (Newman, O'Reilly, Lee, & Kennedy, 2015).

Mental health is the successful performance of mental function that results in productive activities, fulfilling relationships, the ability to adapt to change, and the ability to cope with adversity (Matthews, Doherty, Coyle, & Sharry, 2008). Mental health issues often become obvious as adolescents emerge into young adulthood (Albritton, Angley, Gibson, Sipsma, & Kershaw, 2015). Mental health promotion is concerned with achieving the positive mental health and well-being in the general population as well as addressing the needs of those at risk from mental health problems (Wand, 2011). The number of children experiencing mental health issues is underreported, as children, especially younger ones, are often below the threshold for diagnosis because they do not yet meet the criteria (Graham, Killoran, & Parekh, 2016).

CBT is an integration of two theories that were separately born to respond to psychological disorders (i.e., behavioral theory and cognitive theory) (Selene, Omar, & Silvia, 2016). Behavioral theory in its strictest form, focuses only on observable and measurable behavior and ignores all mental events. Cognitive therapy focuses on the role they play and how these cognitions determine feelings and behaviors (Ledley, Marx, & Heimberg, 2010). That is why cognitive behavioral approach aims to understand all

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