# Chapter 18

1. What lessons can we learn from historical perspectives on mental health and disorder?
2. Broadly speaking, diagnosis requires dysfunction and either impairment or distress. Are there exceptions and should there be?
3. Do people neatly fall into categories defined by DSM or ICD? Hint: the short answer is no and we’re looking for the long answer.
4. Why has DSM-V proved controversial?
5. Is mental illness a myth? Why is this a healthy debate?
6. To diagnose or not diagnose? What have traditional psychiatry and modern psychology contributed to the debate?
7. To what extent does and should aetiology reflect nosology? We know you don’t know what they mean. Look them up!
8. Do any mental disorders have simple symptoms and causes?
9. What is the treatment-causation fallacy and why does it matter?
10. Has cognitivising behavioural theories e.g. learned hopelessness instead of learned helplessness improved them?
11. What have feminist perspectives added to our understanding of mental health?
12. Is schizophrenia a thing?
13. Will smoking dope give you schizophrenia?