

Perspectives of Mental Health: The Past

Part I: A Short History

OBJECTIVES/RATIONALE

Throughout history, mental illness has been perceived and treated in many ways. The student will identify the historical treatments for the mentally ill and the factors that have initiated these changes.

TEKS: 121.26 (c) 1C

TAKS ELA 1, 4

Mathematics 2

Social Studies 3, 5

KEY POINTS

- I. Mental illness in the past - an affliction that invaded a person's mind
 - a. labels: witches, evildoers, and lunatics
 - b. ways of dealing with mental illness:
 - i. rituals performed by shamans, magicians, and priests
 1. potions to rid the body of "evil" spirits that had invaded the psyche
 2. exorcisms were carried out
- II. Archeological evidence:
 - a. bony remains of ancient man
 - i. *trepanation* - procedure whereby a hole is drilled in the head in an attempt to release evil spirits
- III. Ancient Greeks
 - a. mentally ill possessed and being punished by gods for wrongdoing
 - b. prayer and ceremonies used in attempt to cure possession
 - c. other references to possession found in ancient records of: Chinese, Egyptians, Greeks, and Hebrews
- IV. Greek physician, Hippocrates (400 BC)
 - a. mental disorders originated from imbalance of four body fluids: blood, phlegm, yellow bile, and black bile
 - b. depression resulted from an excess of black bile
 - c. term *melancholy* - state of depression or sadness; derived from word elements—*melan*, meaning "black", and *chole*, meaning "bile"
- V. Middle Ages
 - a. witchcraft and demonic possession were causes of insanity
 - b. treatment: persecution, restraining, starvation, beatings and drownings
- VI. Renaissance
 - a. belief that movements of the moon and the stars caused madness - terms *lunacy* and *lunatic* derived from the Latin word *luna*, meaning moon
- VII. In colonial times, abnormal behavior was thought to be demonic possession
 - a. Resolved by "dunking test": the ultimate no-win test
 - i. If the individual drowned, he/she wasn't possessed
 - ii. If the individual did not drown, he/she was in allegiance with the devil and must be stoned to death.
- VIII. 1500s - special institutions built to house the mentally ill
 - a. insane asylums

- i. unsanitary living conditions
 - ii. mentally ill subjected to public beatings
- b. London's St. Mary of Bethlehem asylum - nicknamed "Bedlam" (meaning *noisy, confusion, uproar*) for its base living conditions
- IX. 1700s - French physician, Philippe Pinel - introduced concept of exercise, fresh air, and cleaner environment for mentally ill
- X. 1840s - Dorothea Dix, American schoolteacher - persuaded state legislatures to provide state funds for improved mental institutions
- XI. 1883, Emil Kraepelin, German psychiatrist
 - a. developed system for diagnosing and classifying mental illness

ACTIVITIES

- I. Create a time-line of treatment for mental illness.
- II. Define and discuss the archaic meaning of *hysteria*.

MATERIALS NEEDED

Quiz—Perspectives: Past & Present

Key for quiz

<http://etext.lib.virginia.edu/salem/witchcraft/> - excellent web site for Salem Witchcraft Trial information.

The Mental Health Worker: Psychiatric Aide, Cox & Marshburn • Publishing Incorporated Vocational & Applied Technology, ISBN 0-89262-437-X, (Chapter 1—History of Mental Health)

<http://www.nationalgeographic.com/features/97/salem> - National Geographic's site for Salem Witchcraft trials.

<http://elvers.stjoe.udayton.edu/history/welcome.htm> – good site to find information concerning the “late-greats” in the field of psychology.

ASSESSMENT

Presentation Assessment Rubric

Successful completion of Quiz.

ACCOMMODATIONS

For reinforcement, the student will develop and review flashcards covering critical components.

For enrichment, the student will research the Salem Witchcraft craze and discuss people's reactions to the “abnormal” behavior of the accused individuals and present findings to class.

REFLECTIONS

Mental Health Quiz

Perspectives: The Past—Unit I

NAME:
PERIOD:

DATE:

Place the *best* answer to the left of the question.

- _____ 1. The American schoolteacher who campaigned for humane treatment of the mentally disturbed:
- a. Florence Nightingale
 - b. Dorothea Dix
 - c. Philippe Pinel
 - d. Clara Barton
- _____ 2. The process of chipping a hole into one's skull to let evil spirits escape is called:
- a. craniostomy
 - b. osteocentesis
 - c. trepanation
 - d. purging
- _____ 3. The term *melancholy* literally means:
- a. dark sole
 - b. black bile
 - c. depression
 - d. wondering uterus
- _____ 4. Ancient Greeks believed the mentally ill:
- a. were being punished by gods for wrongdoing
 - b. were crazed by unsanitary living conditions
 - c. should be killed
 - d. all the above
- _____ 5. During the Renaissance, people believed that the moon and the stars caused madness.
- a. true
 - b. false
- _____ 6. The Greek physician who theorized that mental illness resulted from an imbalance of four body fluids was:
- a. Galileo
 - b. Aristotle
 - c. Galen
 - d. Hippocrates
- _____ 7. Saint Mary of Bethlehem:
- a. was a school for doctors studying the mentally ill.
 - b. was a sordid institution for the mentally ill
 - c. was a London church
 - d. was the first mental institution to promote exercise, fresh air, and a clean environment
- _____ 8. The first psychiatrist who developed a system for diagnosing and classifying mental illness:
- a. Emil Kraepelin
 - b. Josef Brewer
 - c. Sigmund Freud
 - d. Franz Mesmer
- _____ 9. In the Middle Ages, the mentally ill were treated with compassion and kindness.
- a. true
 - b. false
- _____ 10. The word *bedlam* actually means:
- a. a public hospital
 - b. an insane person
 - c. sanctuary for the mentally ill
 - d. noisy, confusion; uproar

Key: Mental Health Quiz
Perspectives: The Past—Unit I

___ b ___ 1.

___ c ___ 2.

___ b ___ 3.

___ a ___ 4.

___ a ___ 5.

___ d ___ 6.

___ b ___ 7.

___ a ___ 8.

___ b ___ 9.

___ d ___ 10.

Presentation Assessment Rubric: Mental Health Timeline

Student: _____

Date: _____

Scoring Criteria	5	4	3	2
	Excellent	Good	Needs Improvement	Poorly Prepared
Effectively communicates steps on timeline poster.				
Demonstrates knowledge of each time period.				
Presents information in clear, coherent fashion.				
Maintains good posture and does not fidget.				
Makes eye contact; does not turn back to the audience.				
Articulates clearly.				

Scale:

- 26-30 A Excellent
- 21-25 B Good
- 16-20 C Needs Improvement
- 15 or below Poorly Prepared

Total = _____