



Women's Mental Health Series

Week 2:

Factors that Influence Mental Health
across Domains

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Learning Objectives:

By the end of the training, participants will be able to

1. describe multiple domains of functioning
2. identify domain-specific factors which influence mental health
3. examine the impact on functioning across domains

OBJECTIVE 1:

Describe multiple domains
of functioning



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BEHAVIORAL

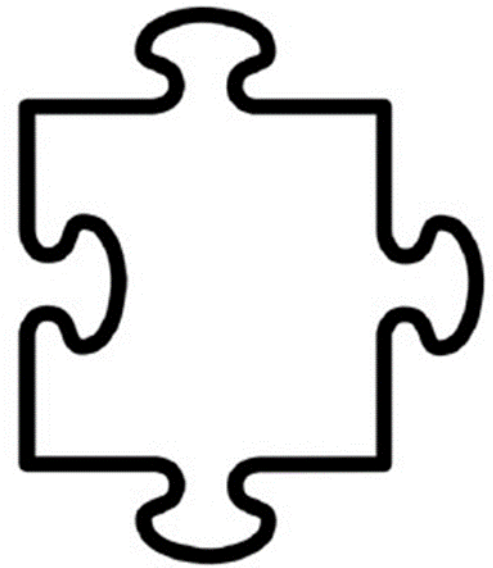
“Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

-World Health Organization

Physical Health ...

“The ability to perform daily tasks and live comfortably in one’s body.”

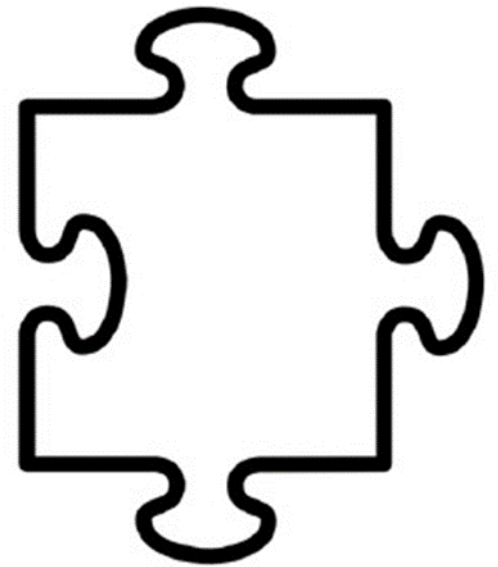
- Nayma Nishat
Researcher, Health & Fitness



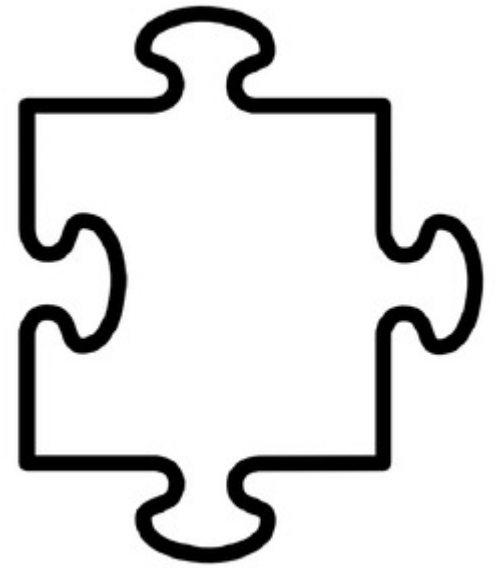
*“Being **emotionally healthy** means being aware of your emotions and how they affect you and others.”*

Dr. Kirtly Jones

Department of Obstetrics and Gynecology at University of Utah Health Care,

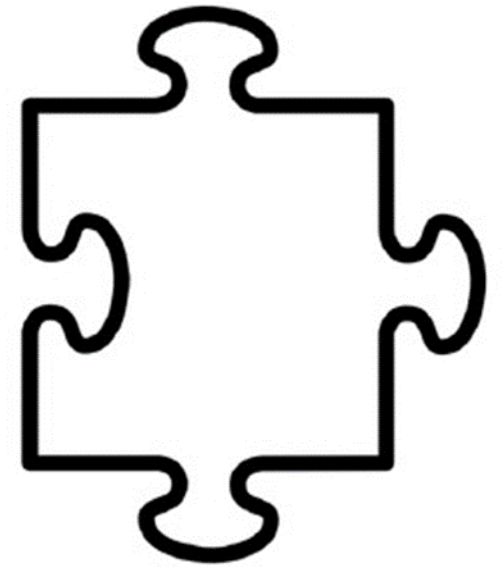


Behavioral health
describes the
connection between
behaviors and the
health and well-being
of the body, mind and
spirit.



Spiritual health is a dynamic state of being, reflected in the quality of relationships that people have in up to four domains of spiritual well-being:

- ✓ Personal
- ✓ Communal
- ✓ Environmental
- ✓ Transcendental



-John Fisher

POLL QUESTION 1:

Which domain
is most difficult to sustain health in?

Physical

Emotional

Behavioral

Spiritual

OBJECTIVE 2:

Identify domain-specific factors
which influence mental health

Medical Conditions More Common To Women



- Gynecological health and disorders affecting women
- Pregnancy issues
- Disorders related to infertility
- Turner syndrome, Rett syndrome, and ovarian and cervical cancer.
- Alzheimer's Disease
- Autoimmune Diseases
- Breast Cancer
- Cardiovascular disease
- Chronic pain
- Depression
- Diseases of the lung
- Gastroenterological problems
- Lupus
- Migraine Headache
- Mood Disorders
- Multiple sclerosis
- Rheumatoid arthritis

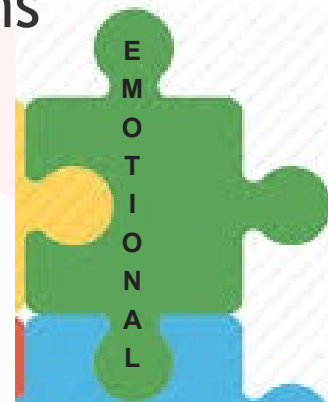


Emotional Dysregulation in Women



Caused by

- early childhood trauma
- child neglect
- traumatic brain injury
- biological predispositions for emotional reactivity
- chronic low levels of invalidation
- frequent environmental invalidation
- more intense experience of emotions
- rumination



Development of Disruptive Behavior in Women



- Family processes
- Maltreatment
- Neglectful or disengaged parenting style
- Relational aggression

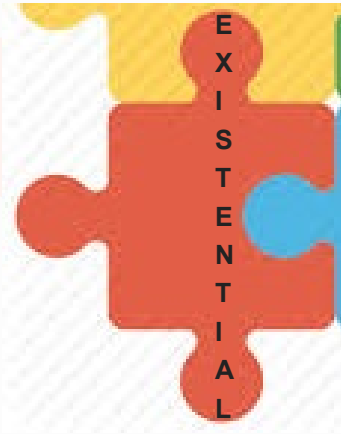


Existential Crisis



Causes

- Career or job change
- Death of a loved one
- Diagnosis of a serious or life-threatening illness
- Entering a significant age category
- Experiencing a tragic or traumatic experience
- Having children
- Marriage or divorce



OBJECTIVE 3:

Examine the impact on functioning
across domains

Impact of Medical Conditions



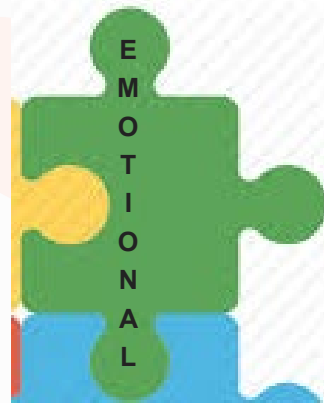
- feel annoyance
- experience anxiety and depression
- contemplate suicide
- experience feelings of humiliation
- being rejected (and stigmatised)
- experience problems with loved ones



Outcomes of Emotional Dysregulation



- Borderline Personality Disorder
- Substance Use Disorders
- Behavioral Challenges



Outcomes of Behavioral Challenges



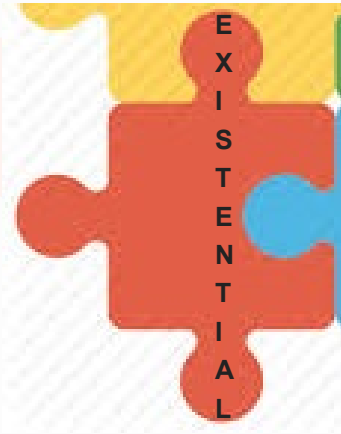
- Academic failure
- Delinquency
- Unemployment
- Substance use
- Mental health issues
- Parenting problems
- Relational aggression



Existential Crisis Outcomes



- Feeling overwhelmed
- Isolation from friends and loved ones
- Lack of motivation and energy
- Loneliness
- Obsessive worry





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BEHAVIORAL

Poll Question 2:

**Which domain would you start in
to develop/improve
mental health?**

Physical

Emotional

Behavioral

Spiritual

Q & A

Resources

Brody, D.J., Pratt, L.A., Hughes, J. (2018). Prevalence of depression among adults aged 20 and over: United States, 2013 – 2016. *NCHS Data Brief, no 303*. Hyattsville, MD: National Center for Health Statistics. <https://pubmed.ncbi.nlm.nih.gov/29638213/>

Substance Abuse and Mental Health Services Administration (2016). Creating a healthier life: A step-by-step guide to wellness (PDF, 387 KB). *HHS Publication No. SMA 16-4958*. Rockville, MD: Substance Abuse and Mental Health Services Administration. <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

World Health Organization (n.d.). Mental Health and Substance Use. <https://www.who.int/teams/mental-health-and-substance-use/gender-and-women-s-mental-health>

TRAINING OPPORTUNITIES

Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE VISIT:
<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

Warmline

National HIV/AIDS Telephone Consultation Service
Consultation on all aspects of HIV testing and clinical care
Monday - Friday
9 am – 8 pm EST
Voicemail 24 hours a day, 7 days a week

PEPline

National Clinicians' Post-Exposure Prophylaxis Hotline
Recommendations on managing occupational exposures to HIV and hepatitis B & C
9 am - 2 am EST, 7 days a week

Perinatal HIV Hotline

National Perinatal HIV Consultation & Referral Service
Advice on testing and care of HIV-infected pregnant women and their infants
Referral to HIV specialists and regional resources
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau
& Centers for Disease Control and Prevention (CDC)
www.nccc.ucsf.edu

Need Additional Information?

Contact the South FL SE AIDS Education and Training Center

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Tivisay Gonzalez, Program Coordinator:

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Thank you!