

Lectures in Psychiatry

BY

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**CONVENOR, THE JOINT MEETING FOR HOW TO ADVOCATE GOVERNMENT FOR
IMPROVING MENTAL HEALTH POLICY IN HONG KONG.**

“如何倡導政府檢討香港精神健康政策”聯席會議召集人

CHAIRMAN, HONG KONG SOCIETY OF PSYCHIATRISTS, 2005

香港執業精神科醫生協會會長 2005

DIRECTOR, COMPUTERIZED SLEEP ASSESSMENT CENTRE, ST TERESA'S HOSPITAL

1991-2004

聖德肋撒醫院電腦睡眠分析中心主管 1991-2004

**MENTAL HEALTH COORDINATOR , ANTI-SARS CAMPAIGN, THE HONG KONG
MEDICAL ASSOCIATION, 2003**

香港醫學會「對抗非典型肺炎」行動精神健康召集人, 2003

WHY DOCTORS HAVE TO KNOW MORE ABOUT PSYCHIATRY?

(1) PSYCHIATRIC ILLNESSES BECOME MORE COMMON

WHO 2000 : DEPRESSION WILL BE THE 2ND COMMONEST MEDICAL ILLNESS IN 2020. (4TH IN 2000)

PSYCHIATRIC ILLNESSES AS A WHOLE MAY BECOME THE MOST COMMON MEDICAL PROBLEM.

(2) RAPID DEVELOPMENT OF NEURO-PSYCHIATRIC CONCEPTS IN MOST PSYCHIATRIC ILLNESSES IN PAST 20 YEARS BOTH IN AETIOLOGY AND TREATMENT.

i.e. FROM PSYCHOLOGICAL / THEORETICAL MODEL
→ MEDICAL / PRACTICAL MODEL

e.g. MONOAMINE HYPOTHESIS

NEUROTRANSMITTER THEORY

- DOPAMINE HYPOTHESIS IN SCHIZOPHRENIA
- 5HT (SEROTONIN) HYPOTHESIS IN DEPRESSION

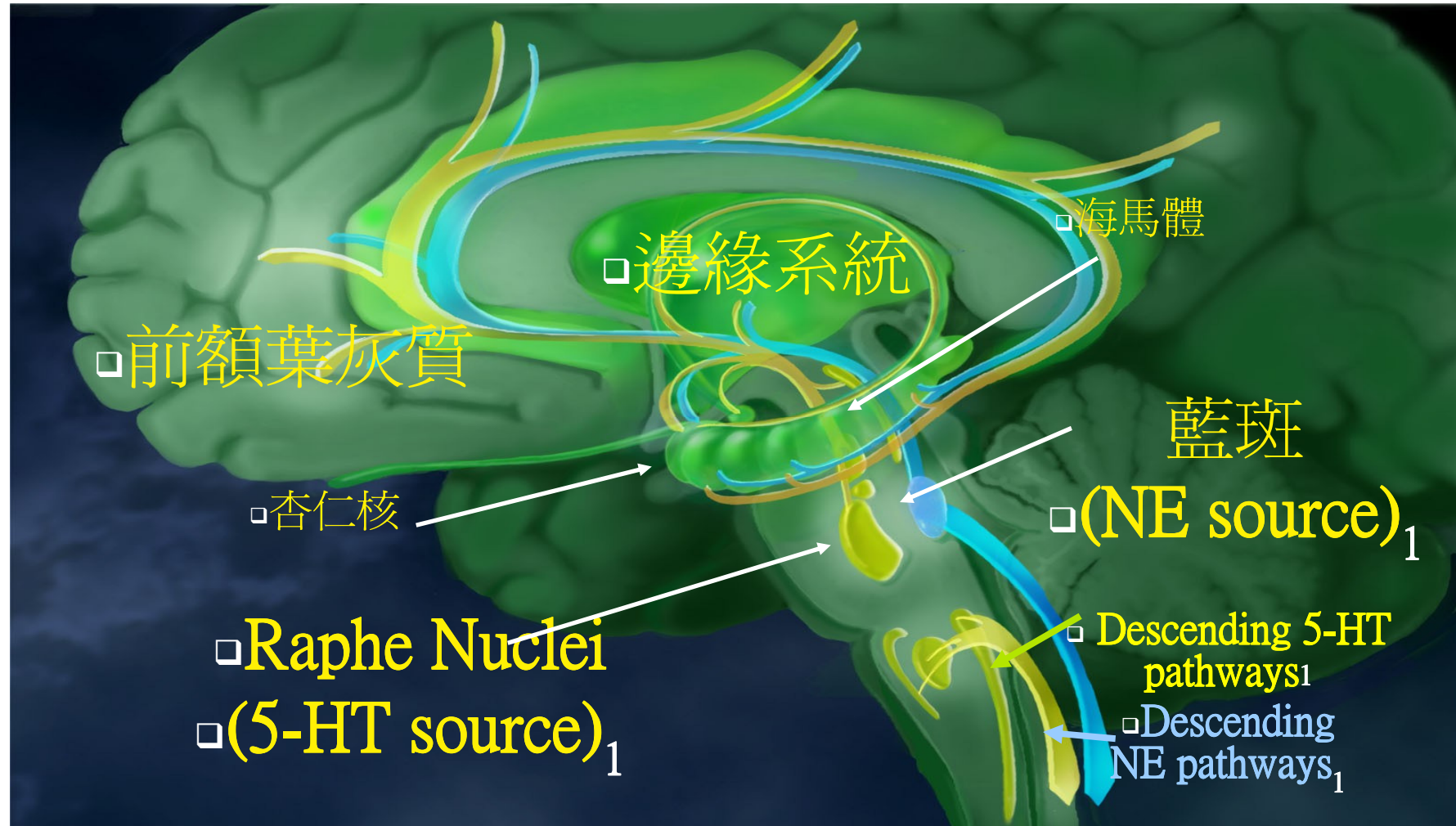
BDNF (BRAIN DERIVED NEURO PROTECTIVE FACTORS)

腦部情緒中心

- 杏仁核 (AMYGDALA)
- 海馬體 (HIPPOCAMPUS)
- 邊緣系統 (LIMBIC SYSTEM)
- 藍斑 (LOCUS CERULEUS)
- 前額葉灰質 (PREFRONTAL CORTEX)

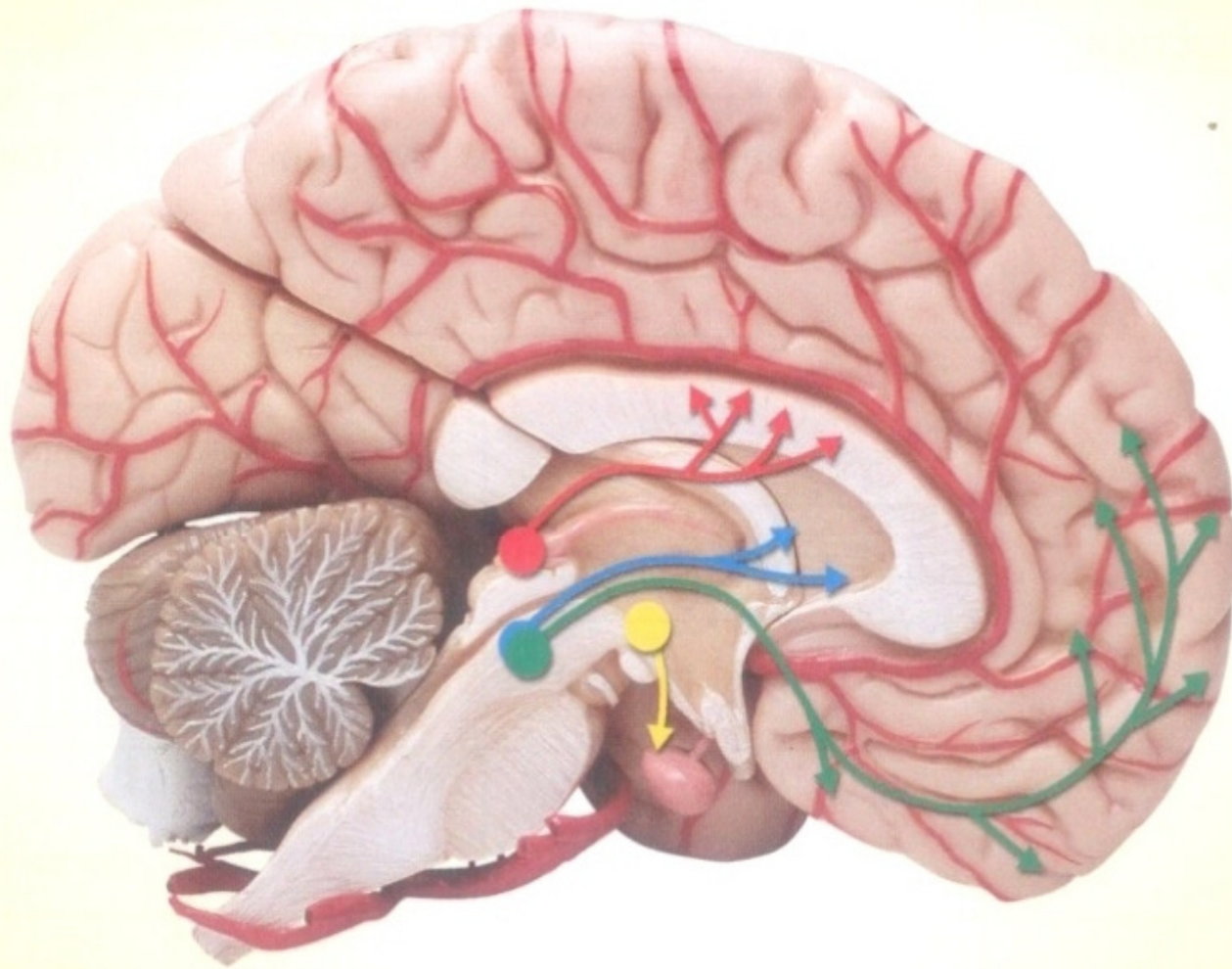


SEROTONIN (5-HT) AND NOREPINEPHRINE (NE) PATHWAYS IN THE HUMAN BRAIN



Based on: Cooper JR, et al. *The Biochemical Basis of Neuropharmacology*. 8th ed. New York: Oxford University Press; 2003.

Figure 1. Four major dopamine pathways.



Certain types of nerve cells are grouped together to form pathways in the brain. There are four well-known dopamine pathways responsible for different functions: (1) nigrostriatal (motor; blue arrows); (2) mesolimbic (emotion; red arrows); (3) mesocortical (motivation; green arrows); and (4) tuberoinfundibular (hormonal; yellow arrows).

- **COMMON SENSE**

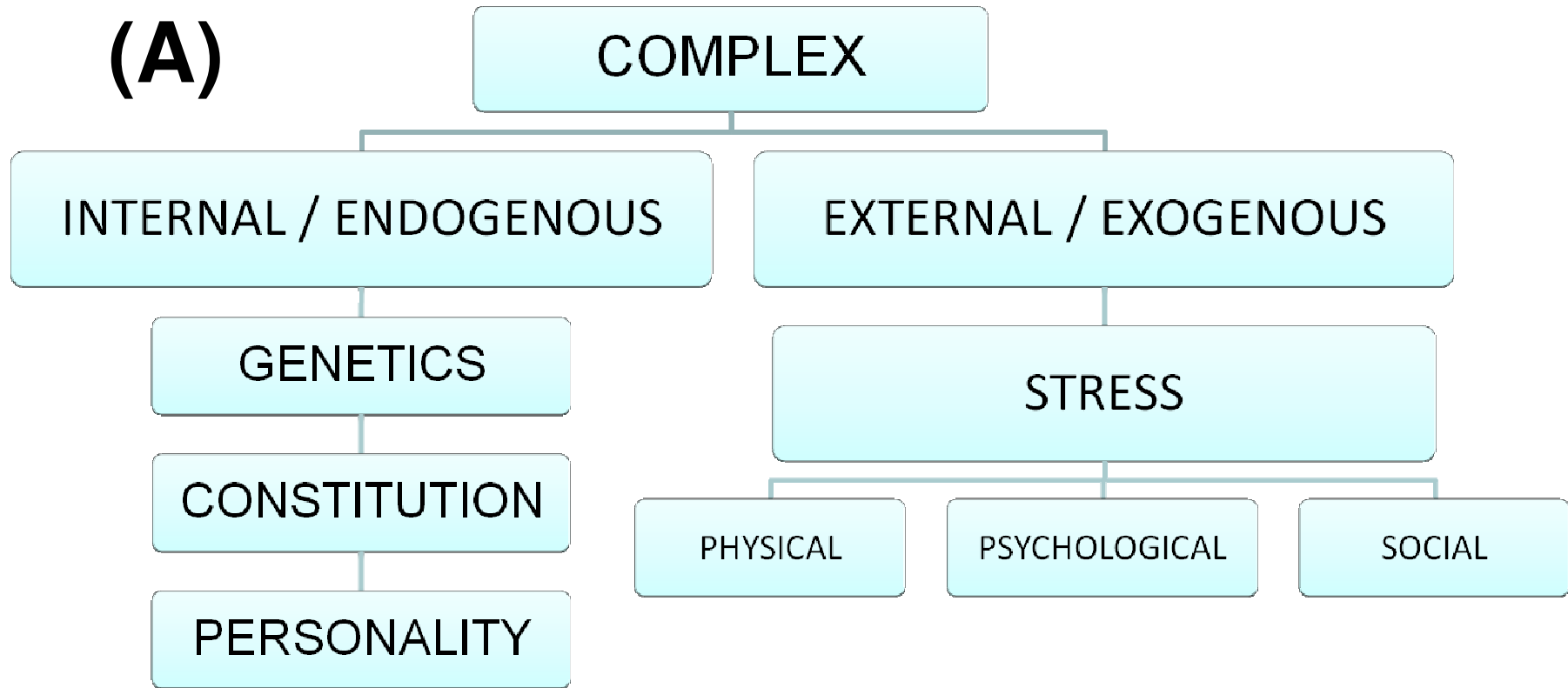
- IDEAS OF THIS KIND ARE NEARLY ALWAYS AN IMPORTANT PART OF AETIOLOGICAL FORMULATION IN PSYCHIATRY, BUT THEY MUST BE USED CAREFULLY IF SUPERFICIAL EXPLANATION IS TO BE AVOIDED.

- AETIOLOGICAL FORMULATION CAN ONLY BE DONE PROPERLY IF CERTAIN CONCEPTUAL PROBLEMS ARE CLEARLY UNDERSTOOD.

(1) WHEN THE CLINICIAN ASSESSES AN INDIVIDUAL PATIENT, HE DRAWS ON A COMMON FUND OF KNOWLEDGE ABOUT AETIOLOGY BUILT UP FROM THE STUDY OF GROUPS OF SIMILAR PATIENTS, BUT HE CANNOT UNDERSTAND THE PATIENT IN THESE TERMS ALONE. HE MUST ALSO USE EVERYDAY INSIGHTS INTO HUMAN NATURE.

e.g. IN ASSESSING A DEPRESSED PATIENT, THE PSYCHIATRIST SHOULD CERTAINLY KNOW WHAT HAS BEEN DISCOVERED ABOUT THE PSYCHOLOGICAL AND NEUROCHEMICAL CHANGES ACCOMPANYING DEPRESSION AND WHAT EVIDENCE THERE IS ABOUT THE AETIOLOGICAL ROLE OF STRESSFUL EVENTS AND GENETIC PREDISPOSITION. AT THE SAME TIME HE WILL NEED INTUITIVE UNDERSTANDING TO RECOGNIZE THAT THIS PARTICULAR PATIENT FEELS DEPRESSED BECAUSE HE HAS BEEN TOLD THAT HIS WIFE HAS CANCER.

AETIOLOGY OF PSYCHIATRIC DISORDES



INTERNAL / ENDOGENOUS FACTORS

A. GENETIC / HEREDITARY

- SEVERE PSYCHIATRY ILLNESS (SCHIZOPHRENIA, BIPOLAR AFFECTIVE DISORDERS)
 - MORE IMPORTANT
 - ABOUT 10% IN THE FIRST DEGREE RELATIVES (1% IN GENERAL POPULATION.)
- Milder PSYCHIATRIC ILLNESS (NEUROSIS)
 - LESS IMPORTANT
 - ABOUT 1% IN FIRST DEGREE RELATIVES

B. CONSTITUTION (性情)

THE MENTAL AND PHYSICAL MAKE-UP OF A PERSON AT ANY POINT IN HIS LIFE AND ARE DETERMINED BY GENETIC ENDOWMENT, ENVIRONMENT IN UTERO, AS WELL AS PHYSICAL, PSYCHOLOGICAL AND SOCIAL FACTORS IN INFANCY AND EARLY CHILDHOOD.

C. PERSONALITY (性格)

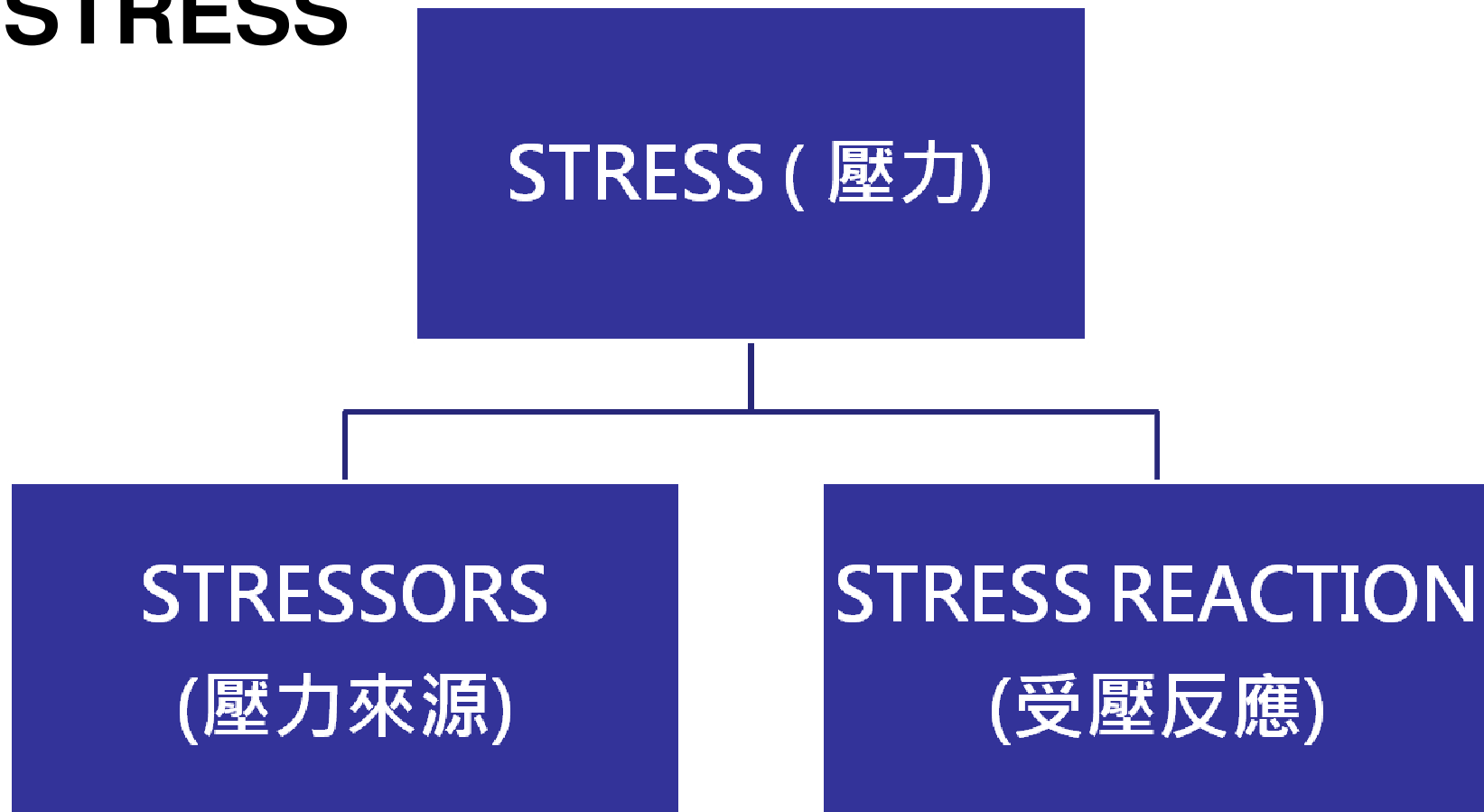
ONE OF THE IMPORTANT PARTS OF THE CONSTITUTION

DEFINITION: THE DISTINCTIVE PATTERNS OF BEHAVIOUR (INCLUDING THOUGHT AND EMOTIONS) WHICH CHARACTERIZE EACH INDIVIDUAL'S ADAPTATION TO THE SITUATIONS OF HIS OR HER LIFE.

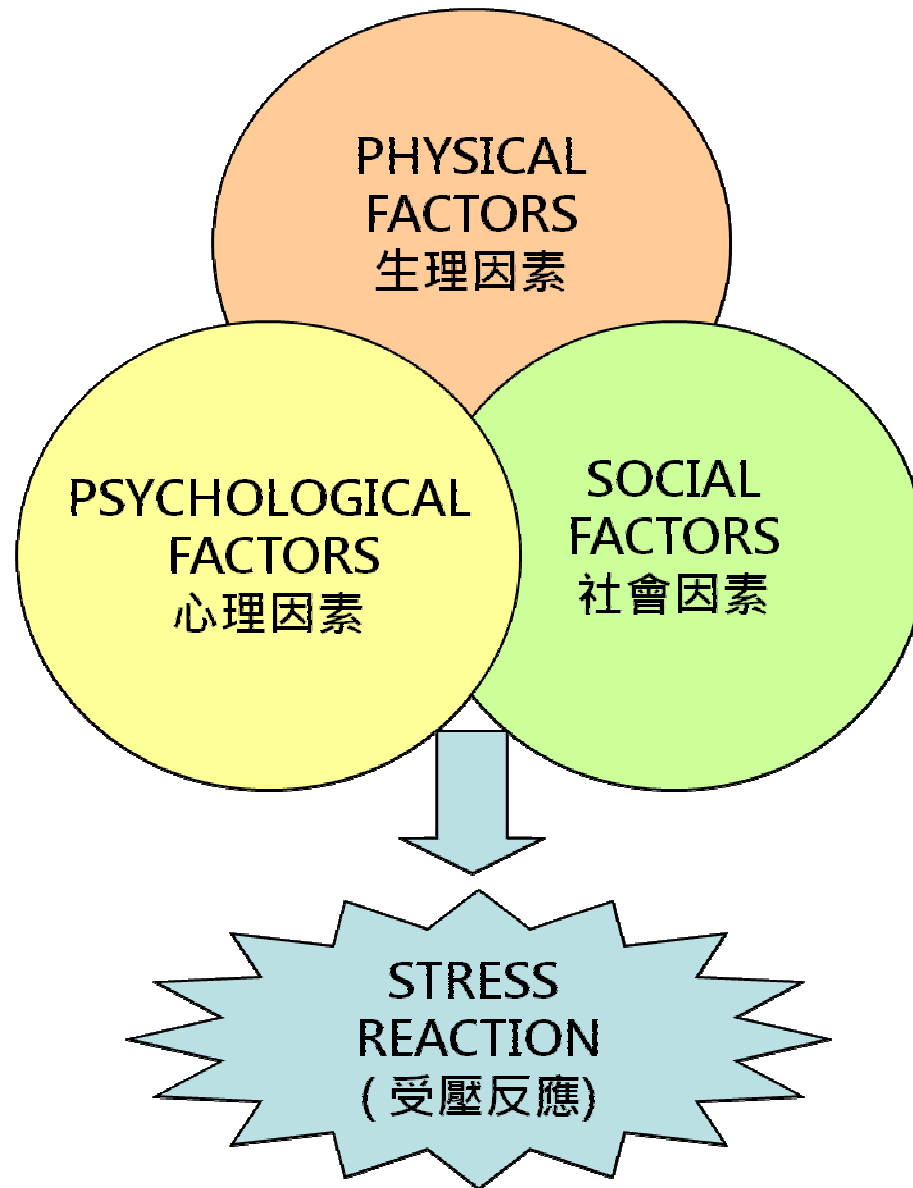
E.G. SCHIZOID PERSONALITY → ↑ RISK OF SCHIZOPHRENIA
OBSESSIVE PERSONALITY → ↑ RISK OF O.C.D
(OBSESSIVE COMPULSIVE DISORDER)

External / Exogenous Factors

STRESS







(1) PHYSICAL FACTORS

(生理因素)

- E.G. - OVERWORK (工作過勞)
 - PHYSICAL EXHAUSTION (體力透支)
 - ILLNESS / DISEASES (疾病)

(2) PSYCHOLOGICAL FACTORS

(心理因素)

- E.G. SITUATIONS OR MATTERS CAUSING US:
 - - DEPRESSION
 - - ANXIETY
 - - PANIC
 - - PHOBIA
 - - DILEMMA
- 例如可以令我們憂慮、緊張、恐慌、恐懼、矛盾或患得患失的事情或環境。

編輯：廖國韋 美術：吳銘澤

■姓姚男子發現女友被情敵追斬，竟奮不顧身企圖搶刀，結果左手被斬中多刀，送院後情況穩定。



被飛後化身雨夜殺手 妒漢狂劈摯愛跳樓

(3) SOCIAL FACTORS

(社會因素)

- E.G.
 - - SOCIAL UNREST (社會動亂)
 - - RACIAL DISCRIMINATION / ANTAGONISM (種族歧視 / 對峙)
 - - NATURAL DISASTER (天然災害)
 - - ECONOMIC TSUNAMI (金融海嘯)

Severe Acute Respiratory Syndrome
SARS 風暴





正在忙碌的消防和武警战士



「海嘯」撲亞洲 港府籲齊抗逆境



金融海嘯巨浪正撲向亞洲，港府昨天再次敲響警號，指金融海嘯會為香港帶來負面影響，而後果更難以評估，呼籲市民要團結面對逆境。中國人民銀行副行長易綱則警告，各國須注意通縮重臨。

13/10/08 頭條 本報記者

繼 財政司司長日前提出警告後，政務司司長唐英年昨天指出，本港是開放而小型的經濟體系，相信全球金融海嘯會為本港帶來負面衝擊，但現時仍難以評估程度及後果有多嚴峻。

唐英年指，金融海嘯席捲全球，本港金融體系在過去多年來一直有穩健的基礎，並有達一萬四千億元的儲備，他呼籲港人團結一致，面對挑戰。

人行警告注意通縮

此外，身兼世界銀行高級副行長暨首席經濟學家的中國經濟專家林毅夫坦言，中國有三大因素足可應付金融海嘯，包括藉龐大外匯儲備及資本管制築起一道「防火牆」，中國政府過去四年均有財政盈餘，從而可藉此刺激內需來促進經濟發展，如實施產業升級、加強教育及醫療開支等，故對中國經濟



■唐英年呼籲港人團結一致，面對挑戰。

前景仍充滿信心。

中國人民銀行副行長易綱昨在國基會上指出，信用緊縮造成部份經濟體系通縮的風險明顯增加，各主要國家政府及央行更要加強協調政策，在繼續抑制去年以來開始的全球通脹壓力之時，亦要警惕通縮出現。

(F) CONCEPT OF LIFE EVENTS
AS PSYCHOLOGICAL STRESS
生命事故構成的壓力



LIFE EVENTS & STRESS

生命事故與壓力

LIFE EVENTS CAN BE VIEWED AS STRESSORS (RAHE & HOLMES 1967). CHANGES IN OUR LIVES (LIFE EVENTS) CAN CREATE TENSION, ANXIETY AND PHYSICAL DISTRESS (STRESS REACTIONS).

生命事故（變遷）是壓力來源的一種，它可導致我們緊張、焦慮及身體出毛病。

Life Event Schedule / Stress Inventory

生命事故量表

<u>Rank (排名)</u>	<u>Life Events (生命事故)</u>	<u>Mean Value (分數)</u>
1	Death of a spouse 喪偶	100
2	Divorce 離婚	73
:	:	:
:	:	:
7	Marriage 結婚	50
8	Being sacked 被解僱	47
15	Change of Business 業務上再調整	39
16	Financial changes 經濟狀況變化	38
18	Change to different in line of work 轉工	36
:	:	:
:	:	:
32	Change in residence 搬屋	20

IMPORTANCE OF SCORE IN LIFE EVENT

STRESS INVENTORY

生命事件量表分數的指引性

Total score in past 2 years

過去兩年的總分數

150-199

200-299

300 or more

Illness

疾病

Low 9-33% (低)

Moderate 30-52% (中)

High 50-86% (高)

Resistance

抵抗力

High (高)

Borderline (中)

Low (低)

馴壓歌

陳仲謀

世事紛紛壓力苛，
官紳犬豕無奈何，
升職發財人人想，
身心健康價更多，
運動可把愁城破，
社交歡樂滅心魔，
諸君若望精神好，
時常記緊這首歌！



問答時間

