Describing Risk Factors in the

Some useful restrained phrasing:

* This appears to be a risk factor in the development of…
* While no single cause can be identified, there are several key factors that may place an individual at risk…
* Certain risk factors make it more likely that a person will suffer from…
* The presence of these factors increases the probability that a person will develop…
* This may be a contributing factor in the development of…
* These factors may be linked/associated with the development of…
* These factors are believed to play a part/be involved in the onset and development of…
* The presence of \_\_\_\_\_\_\_\_\_\_\_\_ is associated with…

Deve**l**opment of a Menta**l** Disorder

**Two-Hit Hypothesis – Schizophrenia**

**Biopsychosocial Model (see also p. 300)**

= biological factors| psychological factors| social factors

**Text, p. 347-8**

* *Biological factors* involve physiologically based influences:
  + the genes we inherit
  + brain chemistry
  + brain and nervous system functioning, etc.
* *Psychological factors* involve all those influences associated with mental processes:
  + beliefs, attitudes, ways of thinking
  + prior learning
  + perceptions of ourselves, others and our external environment
  + how we understand and experience emotions
  + how we respond to and manage stress
* *Social factors*
  + interaction skills
  + interpersonal relationships
  + support available from others
  + exposure to stressors such as poverty
  + level of education and specific cultural influences such as our values and traditions.

**Two-Hit Hypothesis or Theory or Model**

According to this hypothesis, two events are influential in the development of schizophrenia. Both events are necessary and must occur in that order.

**• genetic vulnerability**

**• environmental stress**

**Genetic vulnerability:** A genetic predisposition (e.g. relative with schizophrenia); brain chemistry abnormalities. The initial event is biological in nature. It may be an infection. It interferes with the normal course of development, causing the brain or biology of the individual to be susceptible to the second HIT!

**Environmental stress:** The second ‘hit’ is a major stressful life event. It could be ongoing exposure to a dysfunctional family environment, loss of a loved one through break-up or death, experiencing abuse, being the victim of bullying, being involved in a traumatic incident or any other stress-producing event. A stressful life experience increases the likelihood of the disorder when the first “hit” has already occurred.

**Quiz Link:** [**https://www.learnclick.com/quiz/show/28380**](https://www.learnclick.com/quiz/show/28380)