

人类需要心理学

心理学和心理学家如何造福人类？

何心理学？心理学家能做啥？

心理科学在个人和社会两个面探索人类思想、情感和行为本及发展的知。心理科学自成一体,用于我无限经的各个方面。心理学家工作泛,涵盖所有人类涉足处。心理科学深化 我对社会、文化和言环境下人类行的理解¹。心理学家基于人框架,志在促世界人民的 健康和幸福、改善其生活量。

何政府需要心理学和心理学家？

政府同心理学家能独立舒人类磨、改善其生活,有人性、政双重裨益²。决定健康的部分社会因素,如教育、充足食物和、合理的生活准、工作机会及公平待遇,皆已列联合国 可持发展目的基本人³⁻⁷;未能注的健康决定因素,如焦、抑郁,致全球每年 耗生力高达 1 万亿美元²。何况,心理健康护与促成本效益很高²。心理科学用于生活、工作和娱情境,能提高人的潜能和生力^{8,9}。虽然已易感者、心理障碍者提供了廉的床 服务,但因源有限、污名化以及健康家缺乏,各国成年人仍缺乏心理治¹⁰⁻¹¹。

心理学和心理学家有何独特之处？

心理学家基于生物、社会及环境研究,受以循改善文化、言各异的人类生活。心理 学家持守高水平业、科学、理知和准。心理学家注重技术、学术自主,及其在促 人类生活各域(如家庭、学校、健康、工作所、公共服务和社区等)相福祉跨学 科团中的独立作用¹²。心理学家用科学方法,整合断、估及推理能力,人类健 康提供全面、合对。心理学家接受的先培胜任独立决策。当今世界面前所未有的危机,心理学家在个人、群体和社区面舒躯体、情与心理后效至重要¹³。

协会联系方式

参考料

- 1 Hays, P.A. & Iwamasha, G.Y. (2006). *Culturally Responsive Cognitive Behavioral Therapy: Assessment, Practice, and Supervision*. American Psychological Association
- 2 Chisholm, D., Sweeny, K., Sheehan, P., Rasmussen, B., Smit, F., Cuijpers, P., & Saxena, S. (2016). Scaling-up treatment of depression and anxiety: A global return on investment analysis. *Lancet Psychiatry*, Vol.3, 415-424. DOI: <http://doi.org/10.1016/S2215-0366>.
- 3 Adler, E. N., & Newman, K., (2002) Socioeconomic disparities in health: pathways and policies, *Health Aff (Millwood)*, Vol.21 Iss.2, DOI: <http://doi.org/10.1377/hlthaff.21.2.60>
- 4 Allen, J., Balfour, R., Bell, R., & Marmot, M., (2014) Social determinants of mental health, *International review of Psychiatry*, Vol. 26 Iss. 4 DOI: <http://doi.org/10.3109/09540261.2014.928270>
- 5 Saegert, S., Evans, G. W., (2003) Poverty, housing niches, and health in the United States, *Journal of Social issues*, Vol. 59 Iss. 3, 569-589. DOI: <https://doi.org/10.1111/1540-4560.00078>
- 6 Saxena, S., Thornicroft, G., Knapp, M., & Whiteford, H., (2007) Resources for mental health: scarcity, inequity, and inefficiency, *The Lancet*, Vol. 370 Iss. 9590, 878-889, DOI: [https://doi.org/10.1016/S0140-6736\(07\)61239-2](https://doi.org/10.1016/S0140-6736(07)61239-2)
- 7 Walker, R., Keane, C. R., & Burke, J., (2010) Disparities and access to healthy food in the United States: A review of food deserts literature, *Health & Place*, Vol. 16 Iss. 5, 876-884, DOI: <https://doi.org/10.1016/j.healthplace.2010.04.013>
- 8 Kelly J.G., Ryan A.M., Altman B.E., Stelzner S.P.(2000) Understanding and Changing Social Systems. In: Rappaport J., Seidman E. (eds) *Handbook of Community Psychology*. Springer, Boston, MA. DOI: https://doi.org/10.1007/978-1-4615-4193-6_7
- 9 Weissman, M., & Cuijpers, P., (2007) Psychotherapy over the Last four decades, *Harvard Rev Psychiatry*, Vol. 25 Iss.4, 155-158, DOI: <https://doi.org/10.1097/hrp.0000000000000165>
- 10 Mental Health America, 2019, <https://www.uncrushed.org/content/2019/9/23/the-state-of-mental-health-in-america-2020>
- 11 Wang, P. S., Aguilar-Gaxiola, S., Alonso, J., Angermeyer, M. C., Borges, G., Bromet. E. J., Bruffaerts, R., De Girolamo, G., De Graaf, R., Gureje, O., Haro, J. M., Karam, E. G., Kessler, R., Koveness, V., Lane, M. C., Lee, S., Levinson, D., Ono, Y., Et al., (2007) Use of mental health services for anxiety, mood, and substance disorders in 17 countries in WHO world mental health surveys, *The Lancet*, Vol. 370 Iss. 9590, 841-850. DOI: [https://doi.org/10.1016/S0140-6736\(07\)61414-7](https://doi.org/10.1016/S0140-6736(07)61414-7)
- 12 Huppert, A. H., Psychological well-being: evidence regarding its causes and consequences, (2009) *Health and Well-Being*, Vol. 1 Iss. 2, 137-164. DOI: <https://doi.org/10.1111/j.1758-0854.2009.01008.x>
- 13 Wandersman, A., & Florin, P., (2003) Community interventions and effective prevention, *American Psychologist*, DOI: <http://doi.org/10.1037/0003-066X.58.6-7.441>