



The Biological Basis of Mental Health Nursing

William T. Blows

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Written by an experienced nurse lecturer who also trained as a mental health nurse, this book explores the underlying biology associated with the pathology of mental health disorders and the related nervous system. Fully revised for this second edition, the text includes three new chapters on brain development, pharmacology and learning, behavioural and developmental disorders.

Integrating up-to-date pharmacological and genetic knowledge with an understanding of environmental factors that impact on human biology, *The Biological Basis of Mental Health Nursing* covers topics including:

- the physiology of neurotransmission and receptors
- hormones and mental health
- the biology of emotions, stress, anxiety and phobic states
- the biology of substance abuse
- the pharmacology of psychoactive drugs
- developmental disorders
- brain anatomy and development
- the biology of behaviour
- genetics and mental health
- affective disorders: depression, mania and suicide
- schizophrenia
- autism and other syndromes
- the ageing brain and dementia
- degenerative diseases of the brain
- epilepsy.

Accessibly laid out, with many of diagrams, tables and key points at the end of each chapter, this is an essential text for mental health nursing students, practitioners and educators.

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