

## Mental health a social construct or a biological reality.

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### Abstract

**The question of whether mental health is a social construct or a biological reality is complex and multifaceted, and there is no one definitive answer. Mental health is influenced by a variety of factors, including genetics, environment, culture, socialization, and individual experiences. The relationship between child maltreatment and psychological distress among adolescents has been well-established, but its underlying mechanism is rarely explored. Based on the biological embedding model of early adversity and interpersonal theory of psychopathology, this study examines whether the four main dimensions of social relationships—those of family, teacher-student, peers and classmates mediate the association between child maltreatment and adolescent psychological distress. Data are collected from a random sample.**

**Keywords:** Physiotherapy, Physical medicine, Psychological distress, Child maltreatment, Protocol.

### Introduction

On one hand, mental health can be seen as a biological reality, as mental health disorders can often be linked to specific brain chemistry imbalances, genetics, and physiological processes. For example, depression has been associated with decreased levels of serotonin, a neurotransmitter that regulates mood, and schizophrenia has been linked to abnormalities in brain structure and function. On the other hand, mental health can also be seen as a social construct, as the way we understand and diagnose mental health disorders can be influenced by cultural and societal norms. For example, the Diagnostic and Statistical Manual of Mental Disorders (DSM), which is used to diagnose mental health disorders, has undergone significant changes over time to reflect changing societal attitudes and understandings of mental health [1].

Moreover, social and environmental factors such as trauma, poverty, discrimination, and social isolation can greatly impact mental health outcomes. Therefore, it is important to recognize that mental health is influenced by both biological and social factors and that both must be taken into consideration when understanding and addressing mental health issues. Mental health is a complex phenomenon that involves both social and biological factors. While the experiences of mental health are socially constructed, the underlying biological mechanisms that contribute to mental health and illness are real and scientifically validated [2].

Mental health is influenced by various social and cultural factors, including social norms, cultural beliefs, and economic factors. These factors can shape how people perceive and experience mental health, including the symptoms they report and the treatments they seek. At the same time, research

has shown that mental health conditions are associated with specific biological changes in the brain, such as alterations in neurotransmitter activity and brain structure. These changes can be observed and measured using various scientific methods, indicating that mental health conditions have a biological basis. Therefore, it is important to recognize that mental health is not solely a social construct or a biological reality but rather a complex interplay between both. Understanding both the social and biological aspects of mental health can help us develop more effective approaches to prevention, treatment, and support for those living with mental health conditions [3].

The concept of mental health is complex and multifaceted, and it can be viewed from different perspectives. From a social constructivist viewpoint, mental health can be seen as a product of social norms and cultural expectations. In this perspective, mental illness is not a biological reality but rather a social construct, which is shaped by social and cultural forces. Mental health is considered to be a subjective experience, and the criteria for defining it may vary across different societies and cultures [4].

On the other hand, from a biological perspective, mental health can be seen as a real phenomenon, which is rooted in the functioning of the brain and the nervous system. This perspective considers mental illness to be a result of biological abnormalities, such as neurotransmitter imbalances, genetic factors, or brain injuries. Mental health is considered to be an objective reality, which can be studied through scientific methods and medical interventions [5].

### Conclusion

In reality, mental health is likely a complex interplay between

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social and biological factors. While some mental health disorders may be primarily caused by biological factors, others may be influenced by environmental and social factors such as trauma, stress, or social isolation. Therefore, it is important to consider both social and biological factors when discussing mental health.

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