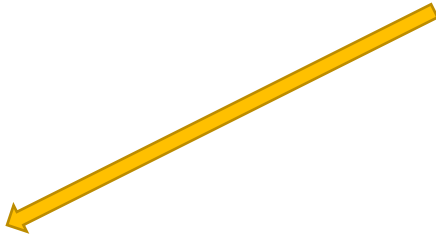


What society's appointed experts/authorities say depression is

- * Depression is a medical illness ✘
- * Depression is a (medical) disease ✘
- * Depression is a leading cause of disability and burden of disease globally
- * Depression is a mental illness
- * Depression is a mental disorder
- * Depression is a mood disorder
- * Depression is a biological – and therefore medical - illness ✘
- * Depression is a brain disease/brain disorder ✘
- * Depression is a brain chemical imbalance ✘
- * Depression is a genetic – and therefore medical - illness ✘
- * Depression is a medical illness just like diabetes ✘
- * Depression can be endogenous or reactive
- * There is no cure for depression

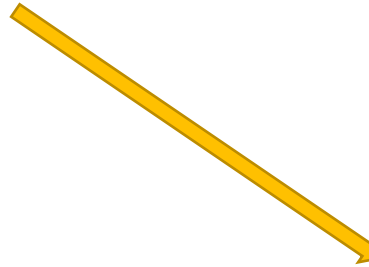
Depression



Mood disorder



Mental disorder



Mental illness

What is Mental Illness?

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Mental Health

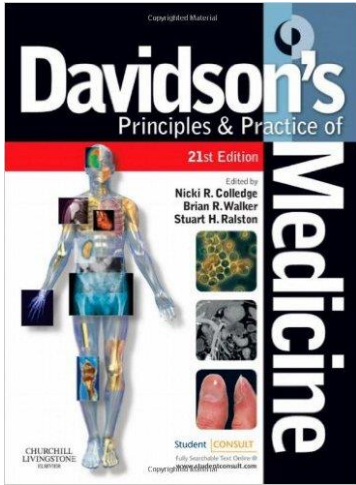
Mental Illness

Mental illnesses refer to disorders generally characterized by dysregulation of mood, thought, and/or behavior, as recognized by the Diagnostic and Statistical Manual, 4th edition, of the American Psychiatric Association (DSM-IV).

Mood disorders are among the most pervasive of all mental disorders and include major depression

<http://www.cdc.gov/mentalhealth/basics/mental-illness.htm>

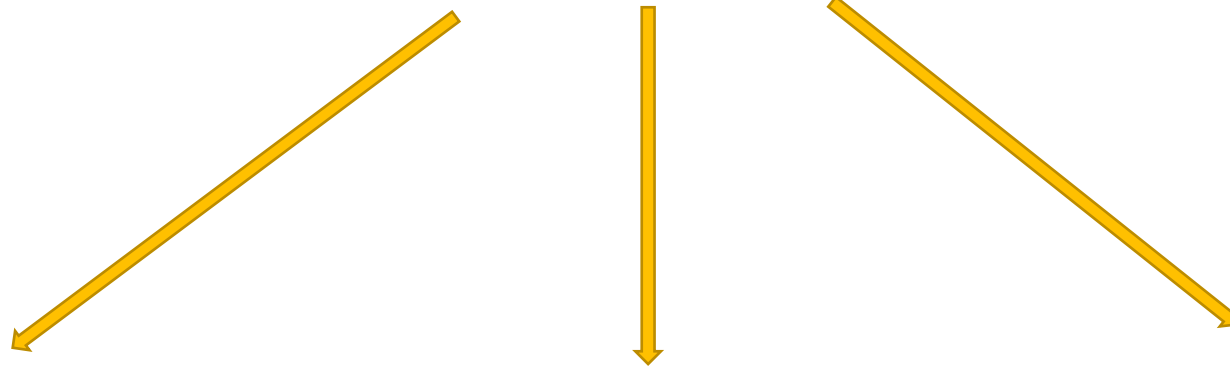
Psychiatric disorders



“Psychiatric disorders have traditionally been considered as mental rather than physical illnesses”

Nicki R. Colledge, Brian R. Walker and Stuart H. Ralston, eds, *Davidson's Principles and Practice of Medicine* 21st Edition, Churchill Livingstone Elsevier, 2010, p. 231.

Concepts



Mental disorder

Mental illness

Mood disorder

Valid?

Established scientifically?

Established reliably, other by just consensus opinion?

The meaning of “mental”



Definition of *mental*

of or relating to the mind

specifically : of or relating to the total emotional and intellectual response of an individual to external reality

of or relating to intellectual as contrasted with emotional activity

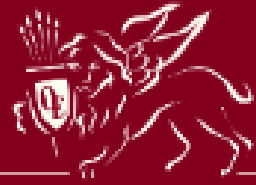
occurring or experienced in the mind *mental* anguish
a mental breakdown

relating to spirit or idea as opposed to matter

of, relating to, or affected by a psychiatric disorder

Brain:
no mention

Physical/biology/body tissues:
no mention



ONLINE ETYMOLOGY DICTIONARY

mental

"in, of, or pertaining to the mind; characteristic of the intellect," from Late Latin *mentalis* "of the mind," from Latin *mens* (genitive *mentis*) "mind," from PIE root ***men-** (1) "to think."

In Middle English, also "of the soul, spiritual." From 1520s as "done or performed in the mind."

Brain: no mention

Physical/body tissue(s)/organs: no mention

Definition of *mental* in English:

Relating to the mind: *'mental faculties'* *'mental phenomena'*

Done by or occurring in the mind: *'a quick mental calculation'*
'she made a mental note to ring him later'

Relating to disorders of the mind: *'a mental hospital'*

Brain: no mention

Physical/body tissues/organs: no mention

psychiatry

1846, from French *psychiatrie*, from Medieval Latin *psychiatria*, literally "a healing of the soul," from Latinized form of Greek *psykhē* "mind" (see **psyche**) + *iatreia* "healing, care" (see **-iatric**).

I.E.
↓

Healing/care of the soul/mind

NO MENTION
↓

Biology

Brain

Physical body



psyche

1640s, "animating spirit, the human spirit or mind," from Latin *psyche*,
from Greek *psykhē* "the soul, mind, spirit; "

life, one's life, the invisible animating principle or entity which occupies and directs the physical body;
understanding, the mind (as the seat of thought), faculty of reason,"

NO MENTION

Brain

Biology

Physical body

How Are The Mind & The Brain Different? A Neuroscientist Explains



Communication Pathologist and Neuroscientist

By Caroline Leaf, Ph.D., BSc ⓘ

March 8, 2021

the mind and brain are actually two very different, but interconnected, entities. The mind works through the brain but is separate from the brain.

The mind uses the brain, and the brain responds to the mind. The mind also changes the brain. People choose their actions—their brains do not force them to do anything. Yes, there would be no conscious experience without the brain, but experience cannot be reduced to the brain's actions.

How Are The Mind & The Brain Different? A Neuroscientist Explains



Communication Pathologist and Neuroscientist

By Caroline Leaf, Ph.D., BSc ⓘ

March 8, 2021

Your mind is how you, uniquely, experience life. It's responsible for how you think, feel, and choose. And your physical brain merely responds to these unique experiences.

Knowing your mind and brain are separate puts you in the control seat because you can learn to manage your thoughts and actions. Ultimately, it means you can choose what you build into your brain and how you choose to change what's already built in.

When you learn how to manage your mind, you can make feelings of depression, stress, anger, and anxiety work *for* you instead of against you. You can bring balance back into your brain and life.

The accuracy of this neuroscientist's statements

IS CONFIRMED



By the following scan results

This type of brain scan has no part to play in the psychiatric diagnostic process

Research purposes only

INSIDE STORY: Physics in Medicine

MRC | Medical
Research
Council

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year

Flash site HTML site

Examples of MRI Scans

You can use MRI scans to see what parts of the brain are active when your subject is doing various different things. Here are examples showing five different stimuli.

Pain



MRI scan image highlighting the areas of the brain involved in feeling pain

The scan shows the regions of the brain that became more active when the subject's hand was heated to a painful level. Pain involves both sensation and emotion so different types of pain result in different areas of the brain being active.

This happened first -
brain activity changes
were secondary to
above

Feelings & thoughts mediated through brain

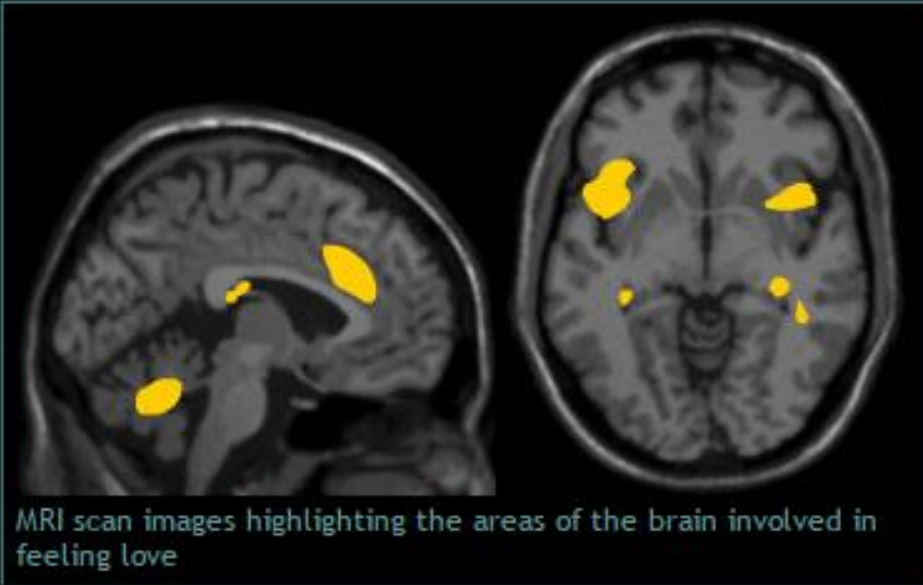
RATHER THAN



Initiated in the brain



Love



MRI scan images highlighting the areas of the brain involved in feeling love



In one fMRI study the brains of people who were in love were scanned while they looked at photographs, some of their friends and some of their loved-ones. When they saw a picture of their loved one specific areas of the brain became active, suggesting that there is a specialised system in the brain relating to romantic love.

Brain is responding, not initiating



Brain activity changed after exposure



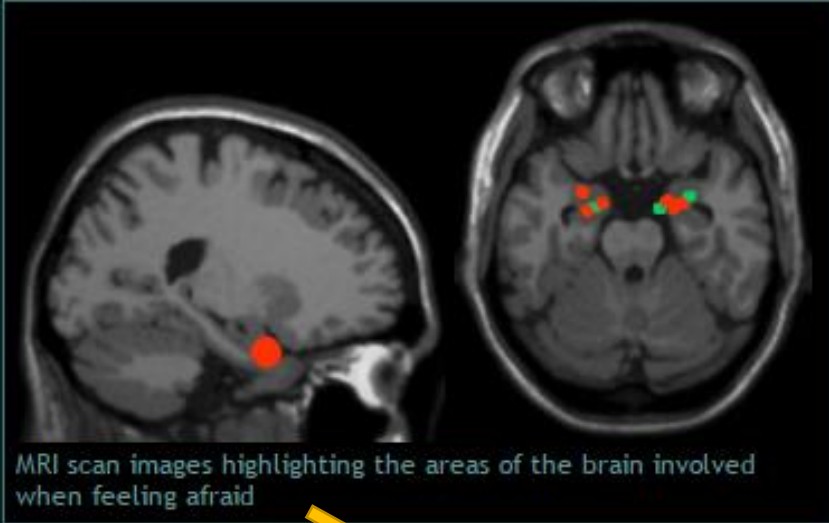
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year

→ **Fear**



MRI scan images highlighting the areas of the brain involved when feeling afraid

→ The scans show that when your subject is frightened, a brain structure called the amygdala becomes more active.

→ Amygdala *reflecting* person's emotion(s)

Not *initiating*

INSIDE STORY: Physics in Medicine

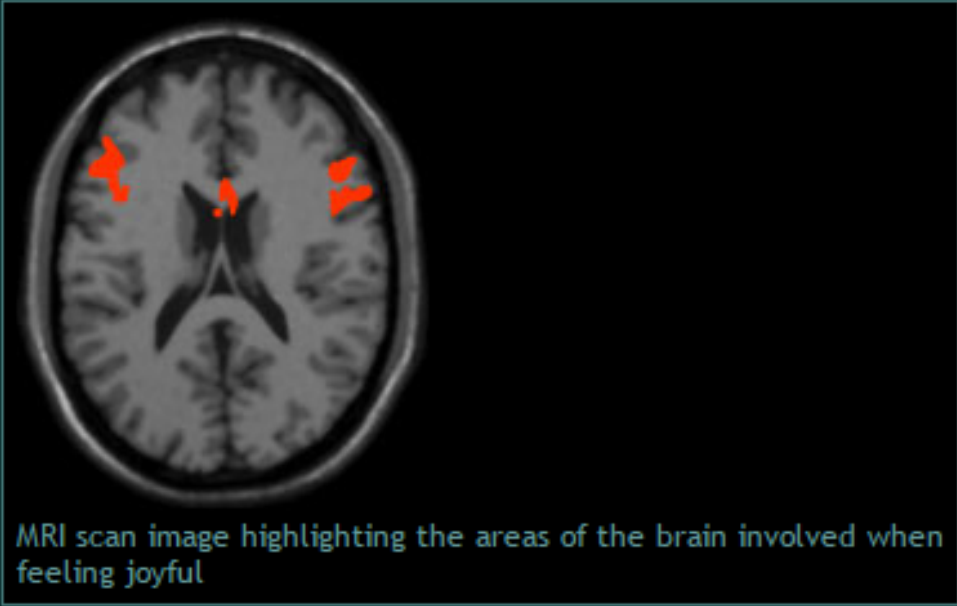
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Joy comes first
↓
THEN REFLECTED
↓
Corresponding brain activity

Joy



MRI scan image highlighting the areas of the brain involved when feeling joyful

Your scan shows the regions of your subject's brain that become more active when he watches his football team score a goal.

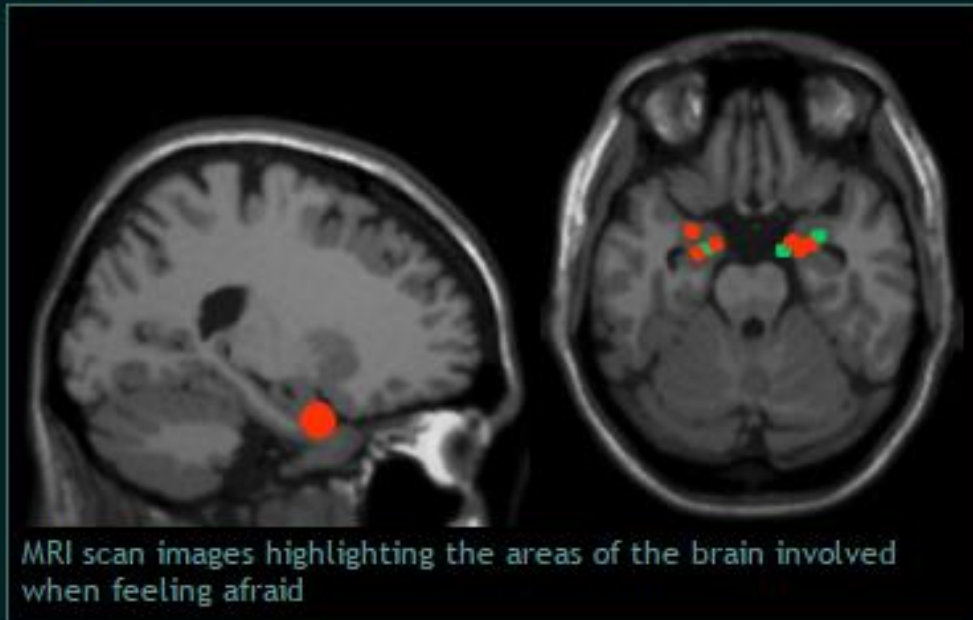
INSIDE STORY: Physics in Medicine

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year

Flash site HTML site

Fear



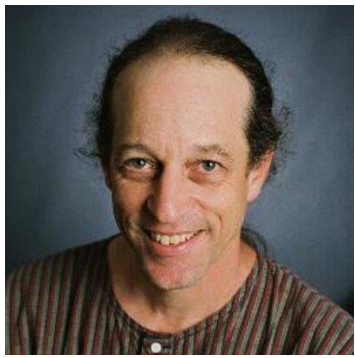
The scans show that when your subject is frightened, a brain structure called the amygdala becomes more active.

Emotion **first**
Activity **second**

Amygdala **reflecting**
person's emotion(s)

Not **creating** them

<http://insidestory.iop.org/mri.html>

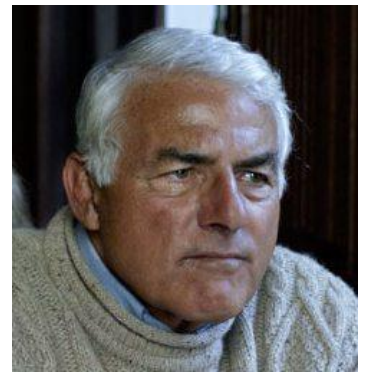


WIRED

INSIDE THE BATTLE TO DEFINE MENTAL ILLNESS

GARY GREENBERG MAGAZINE 12.27.10

“there is no definition of a mental disorder.
It’s bullshit. I mean, you just can’t define it.”



Dr. Allen Frances
Psychiatrist
Chair, DSM IV

“these concepts are virtually impossible to define precisely with bright lines at the boundaries.”

http://www.wired.com/2010/12/ff_dsmv/

World Psychiatry. 2016 Feb; 15(1): 26–31.

Psychiatric classifications: validity and utility

Despite historical assumptions to the contrary, there is little evidence that the majority of recognized mental disorders are separated by natural boundaries.

Diagnostic categories defined by their clinical syndromes should be regarded as ‘valid’ only if they have been shown to be truly discrete entities.

Most diagnostic concepts in psychiatry have not been demonstrated to be valid in this sense



Allen Frances

@AllenFrancesMD

9 Feb 2016

Mental disorders are constructs, not diseases.

<https://twitter.com/AllenFrancesMD/status/697093971252637696>



Darrel Regier

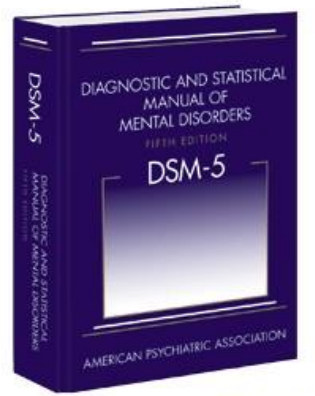
American psychiatrist

Vice-chair, *DSM-5* Task Force

OXFORD MEDICINE ONLINE

mental disorder definitions

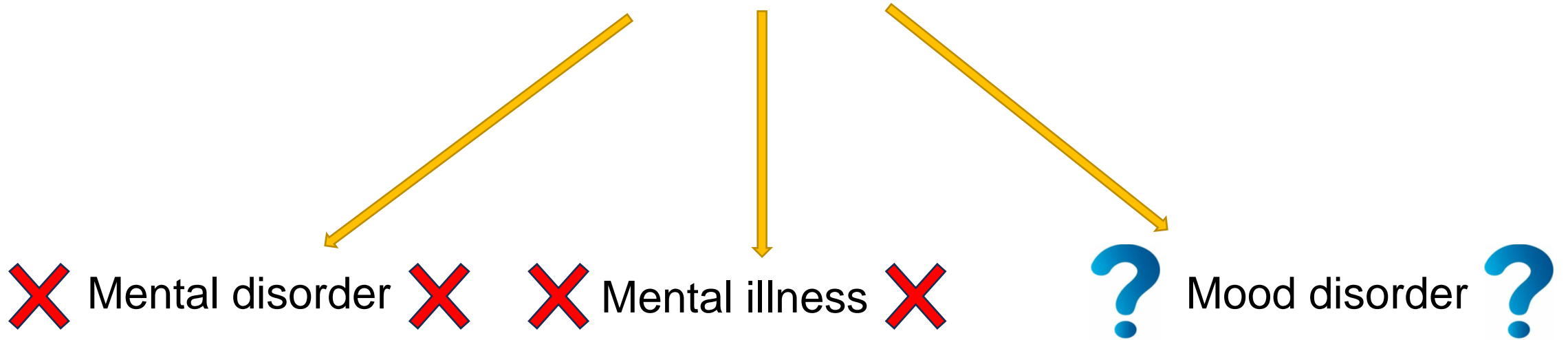
broad definition in DSM-IV
almost impossible to test,



DSM-5
2013

<http://oxfordmedicine.com/view/10.1093/med/9780199642205.001.0001/med-9780199642205-chapter-014001>

Concepts



Valid?

Established scientifically?

Established reliably, other by just consensus opinion?

What society's appointed experts/authorities say depression is

- * Depression is a medical illness ✘
- * Depression is a (medical) disease ✘
- * Depression is a leading cause of disability and burden of disease globally
- * Depression is a mental illness ✘
- * Depression is a mental disorder ✘
- * Depression is a mood disorder ?
- * Depression is a biological – and therefore medical - illness ✘
- * Depression is a brain disease/brain disorder ✘
- * Depression is a brain chemical imbalance ✘
- * Depression is a genetic – and therefore medical - illness ✘
- * Depression is a medical illness just like diabetes ✘
- * Depression can be endogenous or reactive
- * There is no cure for depression

As directed by society's appointed experts in mental health

THE TERM



“Mood disorder”

HAS BEEN REPEATEDLY USED WITH SUCH APPARENT AUTHORITY



The term has come to mean something real/substantial/a real thing



Is this generally accepted position/conclusion correct/accurate





Mood disorders

Overview

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

You may be extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy (mania).

Mood disorders

Overview



If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

Mood = general emotional state

Mood disorder = general emotional state is distorted/inconsistent with circumstances
interferes with ability to function



ACCORDING TO WHOSE MEASURE?
LITTLE/NO REFERENCE TO CONTEXT



James Davies
UK psychologist



2013

Commenting on this interview,



“In other words,

“Spitzer’s DSM only described the symptoms of each disorder,
but never asked whether these so-called symptoms could,
in some (many) circumstances,
actually be normal human reactions to difficult life situations”.

James Davies, *Cracked: Why Psychiatry is Doing More Harm than Good*,
London: Icon Books Ltd. 2013, p. 44.

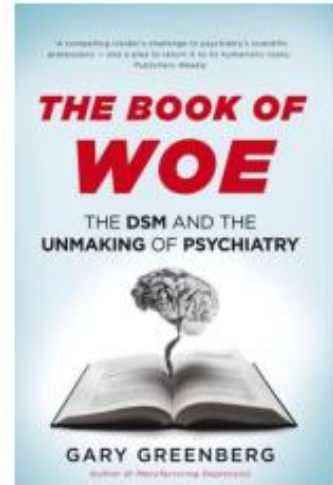
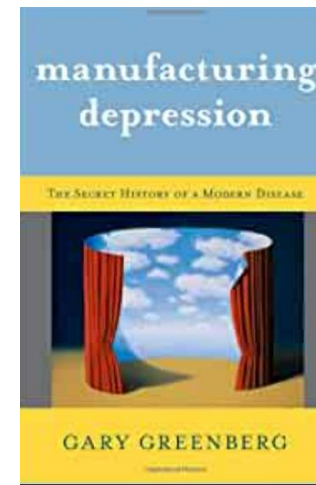


Gary Greenberg
Psychotherapist
Author

FINANCIAL TIMES

Mind field

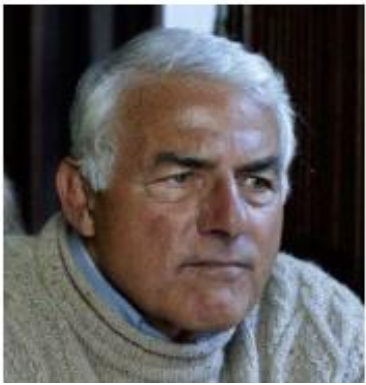
Talitha Stevenson MAY 24, 2013



the 81-year-old Robert Spitzer, is in no doubt about why the DSM-III, over which he presided, had been such a hit. With startling honesty, he told Greenberg that it “looks very scientific ...it looks like they must know something”.

When Greenberg asked Spitzer whether psychiatric diagnosis shouldn't always take into account a person's life circumstances, the old king of American psychiatry replied: “If we did that, then the whole system falls apart.”

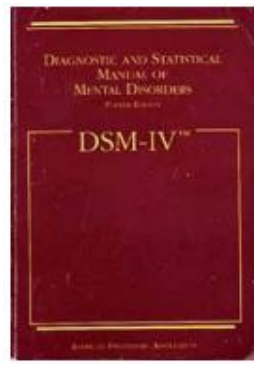
<https://www.ft.com/content/25391482-c2f5-11e2-bbbd-00144feab7de>



Dr. Allen Frances
American psychiatrist
Lead psychiatrist, DSM-IV



1980

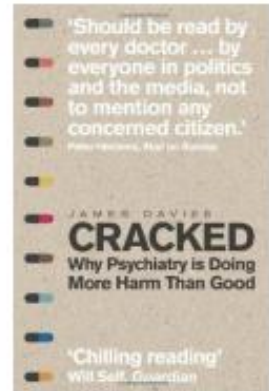


1994



James Davies
UK psychologist

“The dramatic medicalisation of normal human reactions to the problems of everyday life was allowed to proceed unchecked.”



2013

James Davies, *Cracked: Why Psychiatry is Doing More Harm than Good*, London: Icon Books Ltd. 2013, p. 52.

In other words . . .

NO CONSIDERATION GIVEN

Context

Potential validity/correctness of feelings/behaviours

Trauma/woundedness/wounded sense of Self

Mindsets arrived at



James Davies
UK psychologist



2013

“The DSM did not discover mental disorders.
They contrived them.”

(The term “mood disorder” is equally contrived)

James Davies, *Cracked: Why Psychiatry is Doing More Harm than Good*,
London: Icon Books Ltd. 2013, p. 36.



Mood disorders

Overview

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

HIGHLY SUSPECT

NO SOUND/SOLID BASIS FOR THIS CONCLUSION

“CIRCUMSTANCES” EVALUATED QUICKLY/SUPERFICIALLY IF AT ALL

AN ASSESSMENT OF THEIR EXTERNAL WORLD, AS IT APPEARS FROM THE OUTSIDE

Mood disorders

Overview

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

IMPLICATION

Mood disorder is the *core fundamental problem*

THAT IS CAUSING

“Distorted”/”inconsistent” mood

Inability to function

OBVIOUS SOLUTION

✗ Treat the “disorder” – and all will be well ✗



Mood disorders

Overview

If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function.

You may be extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy (mania).

Some examples of mood disorders include:

- **Major depressive disorder** — prolonged and persistent periods of extreme sadness

Symptoms of Depression

Sadness

The most common symptom of depression is a feeling of sadness or emptiness that lasts for more than two weeks. A person may describe this symptom as a feeling of “hopelessness.”

THIS TOO

Consensus

Arbitrary

Random

Not based on any solid/trustworthy foundation

THESE FEELINGS


DO NOT MEET THE CRITERIA FOR

A verified medical disease/illness













Persistent depressive disorder

Causes

The exact cause of persistent depressive disorder is not known. As with major depression, it may involve more than one cause, such as:

- **Biological differences.**
- **Brain chemistry.**
- **Inherited traits.**
- **Life events.**

-  • **Biological differences.** People with persistent depressive disorder may have physical changes in their brains. It's not clear how these changes affect the disorder, but they may eventually help determine the causes. 
-  • **Brain chemistry.** Neurotransmitters are naturally occurring brain chemicals. Research indicates that changes in neurotransmitters may play a large part in depression and its treatment. 
-  • **Inherited traits.** Persistent depressive disorder appears to be more common in people whose blood relatives also have the condition. Researchers are trying to find genes that may be involved in causing depression. 
-   • **Life events.** As with major depression, traumatic events such as the loss of a loved one, financial problems or a high level of stress can trigger persistent depressive disorder in some people.  



Persistent depressive disorder

Causes

The exact cause of persistent depressive disorder is not known. As with major depression, it may involve more than one cause, such as:

- **Biological differences.** →
- **Brain chemistry.** →
- **Inherited traits.** →
- **Life events.** →

These are all pseudo-“biological” (bias)
Totally unevidenced

Last referred to
Of “lesser importance”

As a conduit to “major/persistent depression”

What Is A Mood Disorder?

Mood disorders are a broad umbrella term used for conditions in which disturbance of mood is the central feature.

Common mood disorders include different types of depressive and bipolar disorders.

No biological abnormalities associated with “disturbances of mood”

No abnormalities of structure or function verified

None of the criteria for a medical disease/illness met

Arbitrary definitions of “normal”/”abnormal/arbitrary period of two weeks

Little/no consideration of context



Mood Disorder

Sandeep Sekhon¹, Vikas Gupta² 2023 May 8

Mood is defined as a pervasive and sustained feeling tone that is endured internally, and that impacts nearly all aspects of a person's behavior in the external world.



Mood Disorder

Sandeep Sekhon¹, Vikas Gupta² 2023 May 8

are described by marked disruptions in emotions (severe lows called depression or highs called hypomania or mania).

Mood disorders or affective disorders

Description



Dr. Thomas Insel

Director, National Institute of Mental Health (NIMH) 2002-2015



Director's Blog: Transforming Diagnosis

By Thomas Insel on April 29, 2013

While

DSM has been described as a “Bible” for the field, it is, at best, a dictionary, creating a set of labels and defining each. The strength of each of the editions of DSM has been “reliability” – each edition has ensured that clinicians use the same terms in the same ways. The

? weakness is its lack of validity. ?

What else is there???



Mood Disorder

Sandeep Sekhon¹, Vikas Gupta² 2023 May 8

It is the trauma/wounding/wounded sense of Self/living with great pain/distress/fear

GIVES RISE TO

“Morbidity” and “mortality”

✘ These are common psychiatric disorders leading to an increase in morbidity and mortality. ✘



Mood Disorder

Sandeep Sekhon¹, Vikas Gupta² 2023 May 8

Mood is defined as a pervasive and sustained feeling tone that is endured internally, and that impacts nearly all aspects of a person's behavior in the external world.

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These are common psychiatric disorders leading to an increase in morbidity and mortality.



Mood Disorder

Sandeep Sekhon¹, Vikas Gupta² 2023 May 8

Major depressive disorder is diagnosed by the presence of 5 out of the 9 symptoms of sad mood, insomnia, feelings of guilt, decreased energy levels, decreased concentration, decreased appetite, decrease in pleasurable activities (anhedonia), increased or decreased psychomotor activity, and recurrent suicidal ideation/acts of self-harm/suicide attempt existing over a period of 2 weeks.



Same old arbitrary/consensus

No consideration of context whatsoever

None of the recognised criteria for a medical disease/illness met

[Mood Disorder - PubMed \(nih.gov\)](#)

Key characteristics of a medical disease/illness



Collection of distinct symptoms

Collection of distinct signs

Caused by a biological mechanism → Identify of cause not a prerequisite

A definite pathological process

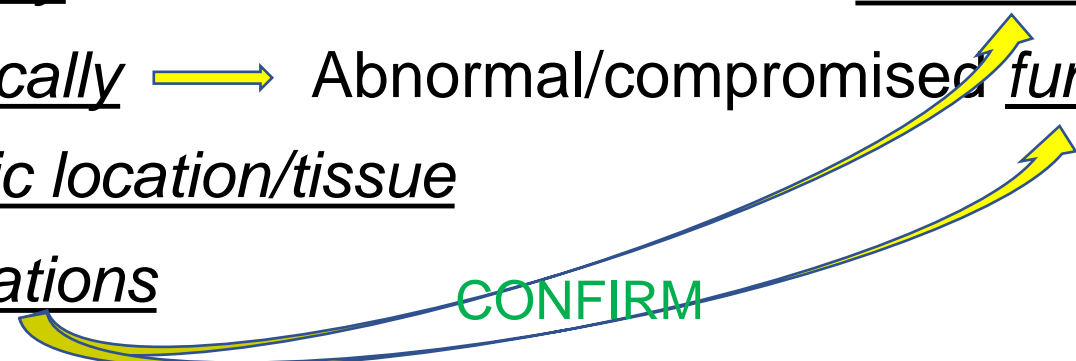
That could be identified anatomically → Abnormal/diseased structure

That could be identified physiologically → Abnormal/compromised function

Affects the whole body or a specific location/tissue

Collection of distinct tests/investigations

CONFIRM



The notion of “mood disorder(s)”

IS THEREFORE
MOST ACCURATELY UNDERSTOOD AS



A concept

A construct



Allen Frances

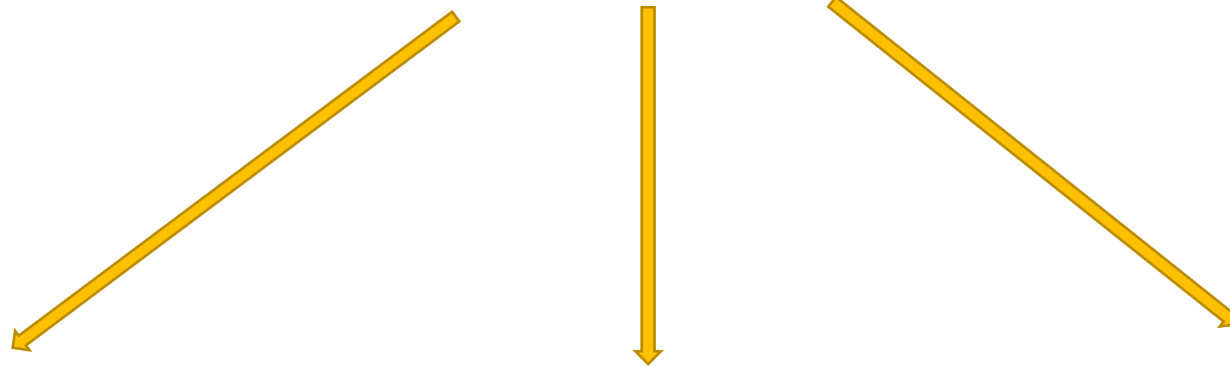
@AllenFrancesMD

9 Feb 2016

Mental disorders are  constructs, not diseases.

<https://twitter.com/AllenFrancesMD/status/697093971252637696>

Concepts



Mental disorder

Mental illness

Mood disorder

Valid?

Established scientifically?

Established reliably, other by just consensus opinion?



Allen Frances

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9 Feb 2016



Mental disorders are constructs, not diseases.

Applies equally to the term “mood disorder(s)”

<https://twitter.com/AllenFrancesMD/status/697093971252637696>

The notion of “mood disorder(s)”

IS THEREFORE
MOST ACCURATELY UNDERSTOOD AS



A concept

A construct

Not confirmed entities like diabetes, multiple sclerosis, etc etc



Allen Frances

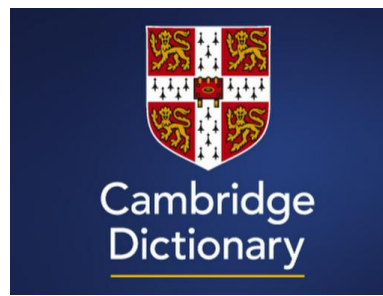
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construct

an idea or an imaginary situation

con·struct

an idea or theory containing various conceptual elements,
typically one considered to
be subjective and not based on empirical evidence



Definition of *construct*

- a** : a theoretical entity
- b** : a working hypothesis or concept



Allen Frances

@AllenFrancesMD

9 Feb 2016

Mental disorders are  constructs, not diseases.

Applies equally to the term “mood disorder(s)”

<https://twitter.com/AllenFrancesMD/status/697093971252637696>

What is very real



Experiences

Emotions

Distress

Overwhelm

Woundedness/wounded Self

Coping/protective/defensive strategies/mechanisms

EXTRAPOLATING

THESE SOMEHOW CONSTITUTE



A medical illness/disorder/disease/mental disorder/mood disorder

GIANT LEAP



Wholly unevidenced

100% belief-based/0% evidence-based

What society's appointed experts/authorities say depression is

- * Depression is a medical illness ✘
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