

# DEPRESSION, A CRITIQUE OF THE PREVAILING VIEW:

(Section Two)

## DEPRESSION: A **CHEMICAL IMBALANCE?**

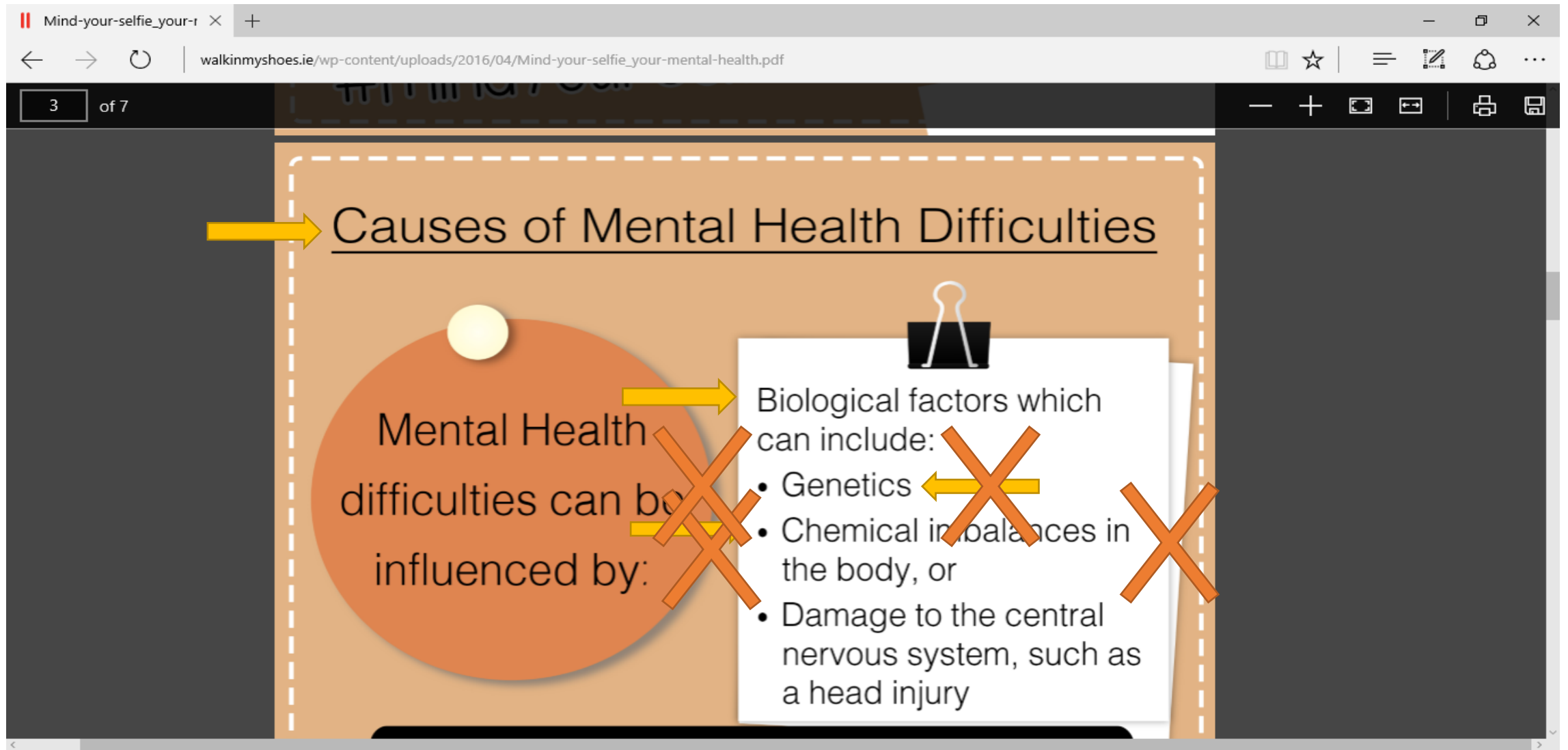
Update, 16 August 2018



**Dr. Terry Lynch,**  
physician, psychotherapist, author

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[http://www.walkinmyshoes.ie/wp-content/uploads/2016/04/Mind-your-selfie\\_your-mental-health.pdf](http://www.walkinmyshoes.ie/wp-content/uploads/2016/04/Mind-your-selfie_your-mental-health.pdf),  
accessed 16<sup>th</sup> May 2016. This link not functional as of 15 August 2018.

<https://www.walkinmyshoes.ie/wp-content/uploads/2017/01/Mind-Your-Selfie-6pp-DL-zag-1-Final.pdf> is the  
current 15 August 2018) link, the above page now removed, no ref to chemical imbalance now

mayoclinic.org/diseases-conditions/depression/multimedia/antidepressants/vid-20084764

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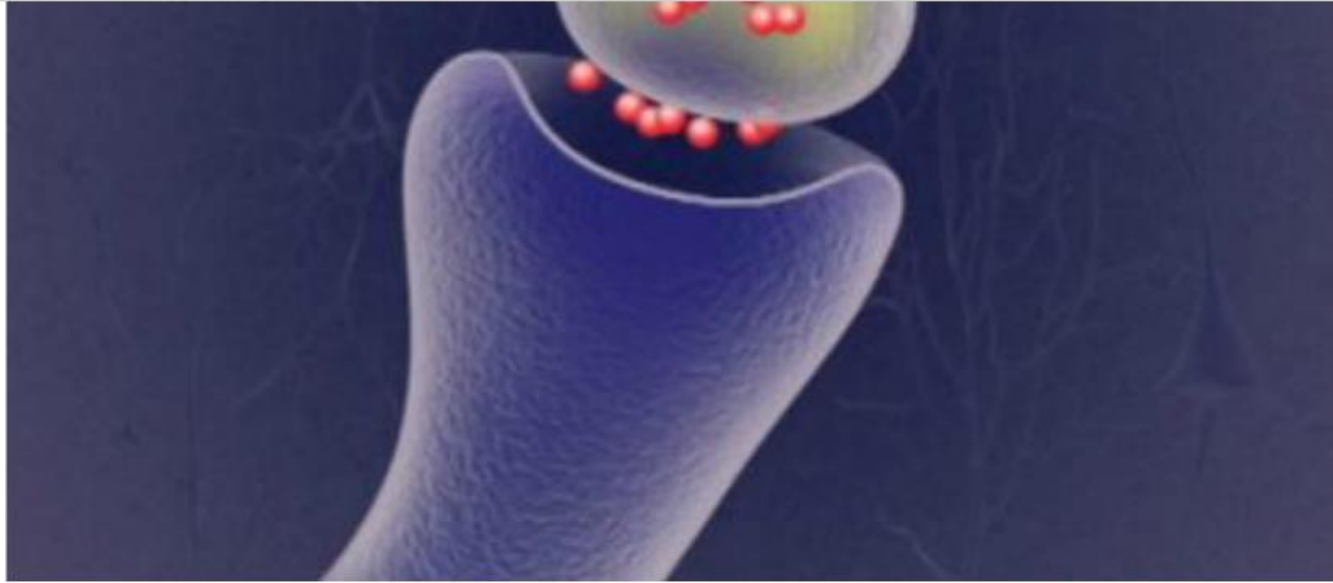
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<http://www.mayoclinic.org/diseases-conditions/depression/multimedia/antidepressants/vid-20084764>, accessed 16<sup>th</sup> May 2016.

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<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007> retrieved 15 August 2018



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If you have depression, you may have a serotonin imbalance. Your overall level of serotonin may be low and some of it may be reabsorbed too soon. As a result, communication between the brain cells is impaired.



[Transcript](#)

devices. Fast seconds!

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<http://www.mayoclinic.org/diseases-conditions/depression/multimedia/antidepressants/vid-20084764>,

accessed 16<sup>th</sup> May 2016.

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Imperial College  
London



**PROFESSOR DAVID NUTT DM, FRCP,  
FRCPSYCH, FSB, FMEDSCI**

**/// Faculty of Medicine, Department of Medicine**

*The Edmond J Safra Chair in Neuropsychopharmacology*

David Nutt is currently the Edmond J. Safra Professor of Neuropsychopharmacology and director of the Neuropsychopharmacology Unit in the Division of Brain Sciences.

<https://www.imperial.ac.uk/people/d.nutt>

# stuff

## Claims antidepressants don't work 'dangerous', doctors say

Cecile Meier · 20:23, Feb 28 2018

Imperial College London neuropsychopharmacology professor David Nutt

No evidence

← TRUTH

↓ QUOTED IN ARTICLE

There was "overwhelming evidence" supporting the view that mental health problems were caused by chemical imbalances in the brain.

"It's like the climate change debate. Some people do not want it to be true but there is a biological element. It's not a myth. We know the chemistry of depression."

→ FALSE STATEMENT

'Chemistry' of 'depression' unknown



**RC of Psychiatrists** ✓

@rcpsych

Following



Hi there, the old idea that ADs correct a chemical imbalance in the brain is an oversimplification and we do not support this view - CP

**@HD-Counselling** @HDCounselling

Replying to @rcpsych

Q: What is the evidence that depression is due to a 'chemical imbalance' in the brain? I have clients who believe this. #ADsMythBuster

7:01 PM - 3 Aug 2017





RxISK @RxISK - Jul 30 2018

Here's how Prof David Nutt of Imperial College London explained things to the public on a recent lecture tour of New Zealand: [stuff.co.nz/the-press/news...](http://stuff.co.nz/the-press/news...)

*There was "overwhelming evidence" supporting the view that mental health problems were caused by chemical imbalances in the brain. "It's like the climate change debate. Some people do not want it to be true but there is a biological element. It's not a myth. We know the chemistry of depression."*

<https://twitter.com/DrTerryLynch/status/1024203673197522945>





Dr. Terry Lynch

@DrTerryLynch



Replying to @HengartnerMP @RxISK and 9 others

Disgraceful to see @ProfDavidNutt get away with such blatant lies. Is there no sanction from @rcpsych @ParienteSPILab @wendyburn @WesselyS when colleagues so grossly misinform? A classic example of why I keep emphasising the URGENT need for external #accountability for psychiatry

10:02 AM - 31 Jul 2018

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9



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