

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

What is a medical disease/medical illness?



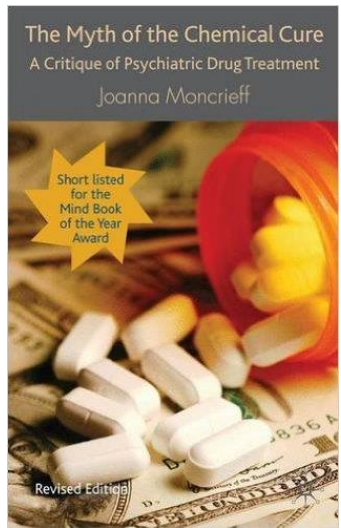
Dr. Joanna Moncrieff

UK psychiatrist

Disease definition within medicine



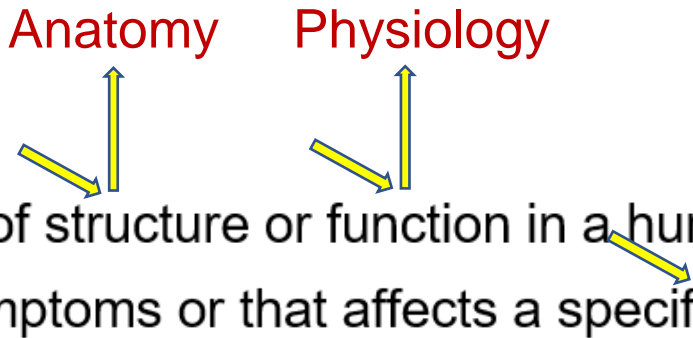
“According to the emerging scientific view of the late 19th and early 20th century,
a disease was seen as a collection of distinct symptoms
caused by a biological mechanism
that could be identified anatomically and physiologically”
(STRUCTURE) (FUNCTION)




Dr. Joanna Moncrieff, psychiatrist, *The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment*, Basingstoke: Palgrave Macmillan, 2009, p. 45.

Definition of *disease*

A **disorder** of structure or function in a human, animal, or plant, especially one that produces specific symptoms or that affects a specific location



I.E.
DISEASE CAUSES



Structural damage

DIRECTLY GIVING RISE TO/CAUSING



Functional impairment/impairment of function

Cause identification not a prerequisite to qualify as a disease

disease

a definite pathological process having a characteristic set of signs and symptoms.
It may affect the whole body or any of its parts

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

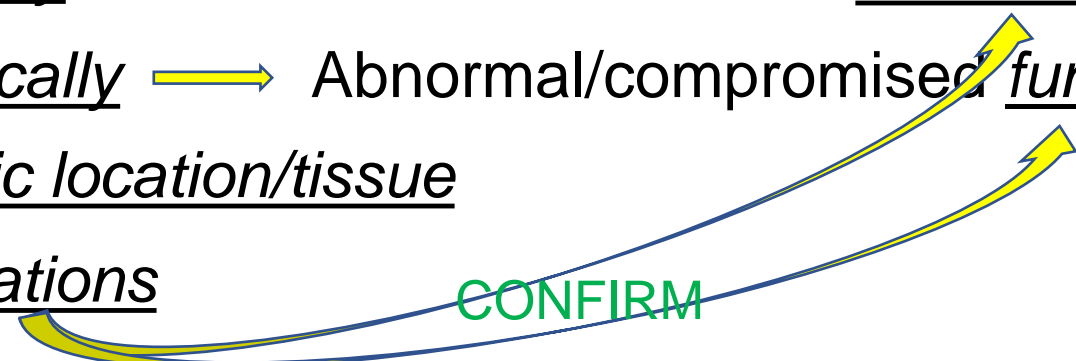
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That could be identified physiologically → Abnormal/compromised function

Affects the whole body or a specific location/tissue

Collection of distinct tests/investigations

CONFIRM



How a disease is diagnosed



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The three pillars of medical diagnosis

The three pillars of medical diagnosis

1. HISTORY

the story

symptoms

subjective



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2. EXAMINATION

physical examination

signs

objective



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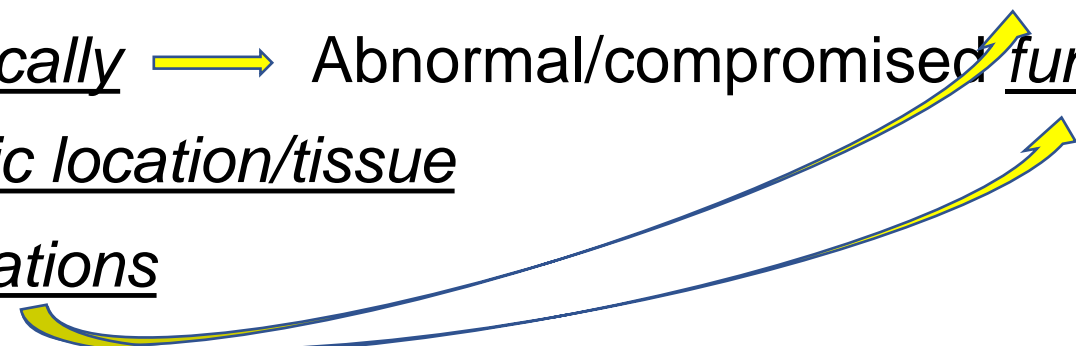
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3. INVESTIGATIONS

investigations

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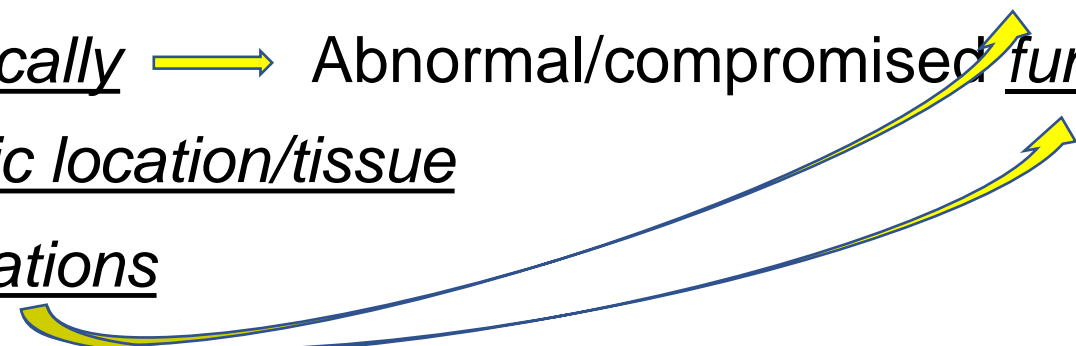
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The three pillars of medical diagnosis



As a general rule

ALL MEDICAL SPECIALTIES



Making a medical diagnosis

All three pillars involved in the diagnostic process



1. History
2. Examination
3. Investigations

Some general principles

For most diseases, all three pillars contribute to the diagnosis

Two pillars contributing – not uncommon

Diagnosis based on one pillar – much less common but does happen

GENERALLY

Tests/investigations
(Third pillar)

The three pillars of medical diagnosis



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Very rarely on history alone

The three pillars of medical diagnosis



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GENERALLY

Tests/investigations
(Third pillar)

Very rarely on history alone
Scientifically much weaker

HISTORY TYPICALLY STRIKING AND SPECIFIC
FOR EXAMPLE

Epileptic seizure

Classic migraine headaches

PSYCHIATRY



ONLY MEDICAL
"SPECIALTY"



ALL DIAGNOSES

ONE PILLAR
NOT OBJECTIVE

HISTORY
ALONE

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CONFIRM

Diagnosed via the three pillars of medical diagnosis

Multiple Sclerosis

(M.S.)

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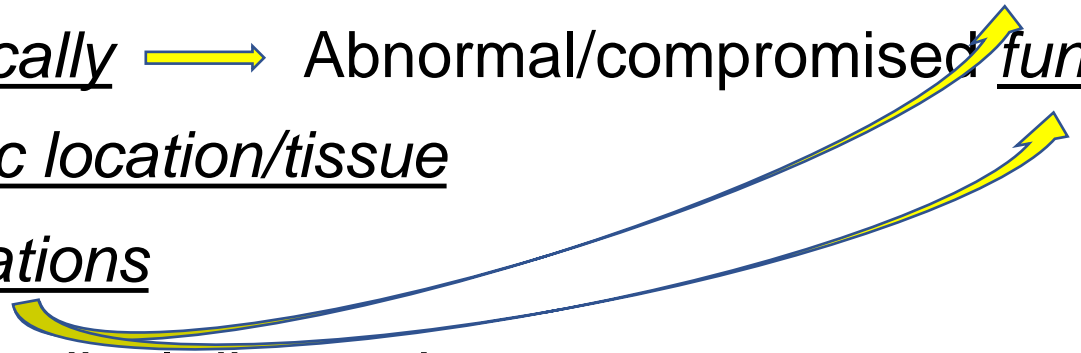
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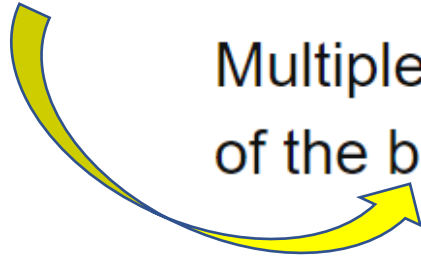
Diagnosed via the three pillars of medical diagnosis





Multiple sclerosis

SPECIFIC LOCATION



Multiple sclerosis (MS) is a potentially disabling disease of the brain and spinal cord (central nervous system).

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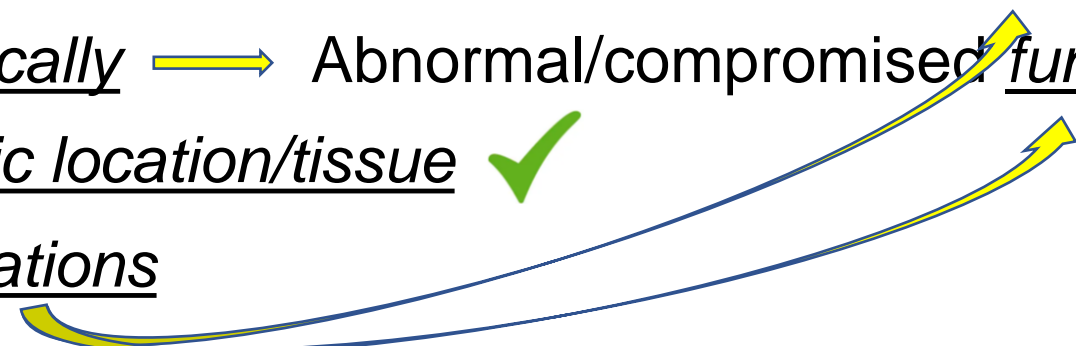
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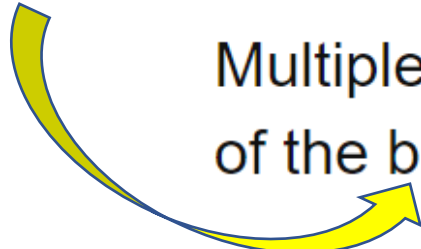
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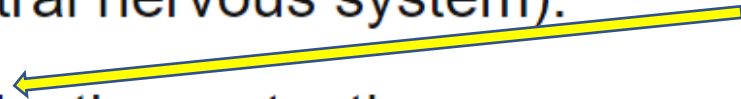
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DISEASE
PROCESS
IDENTIFIED
(PATHOLOGY)



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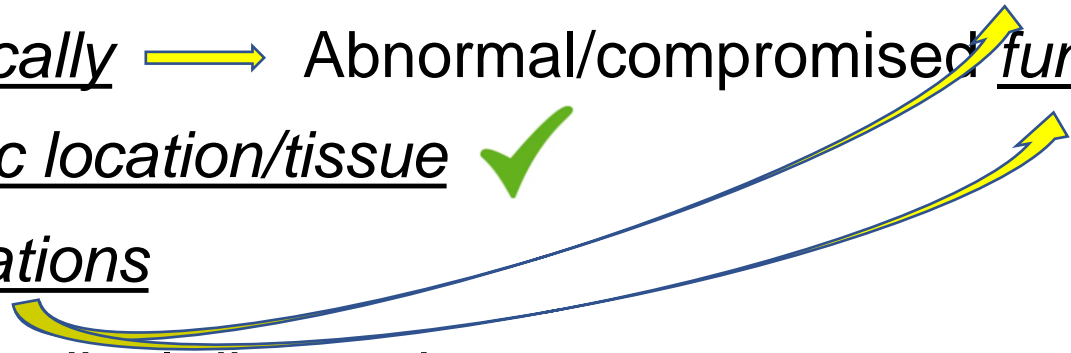
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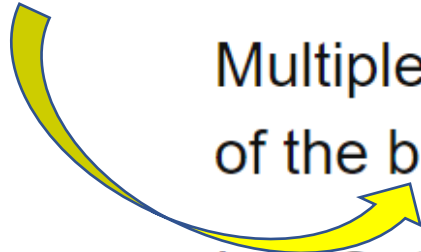
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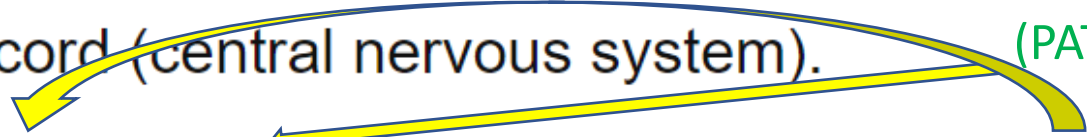
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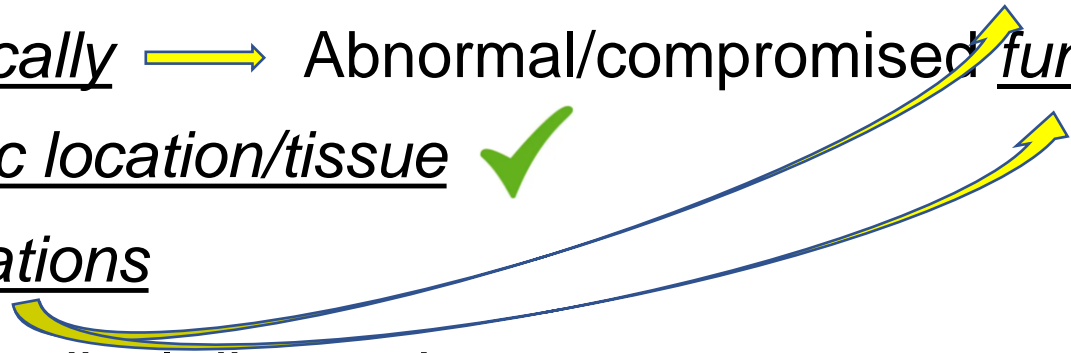
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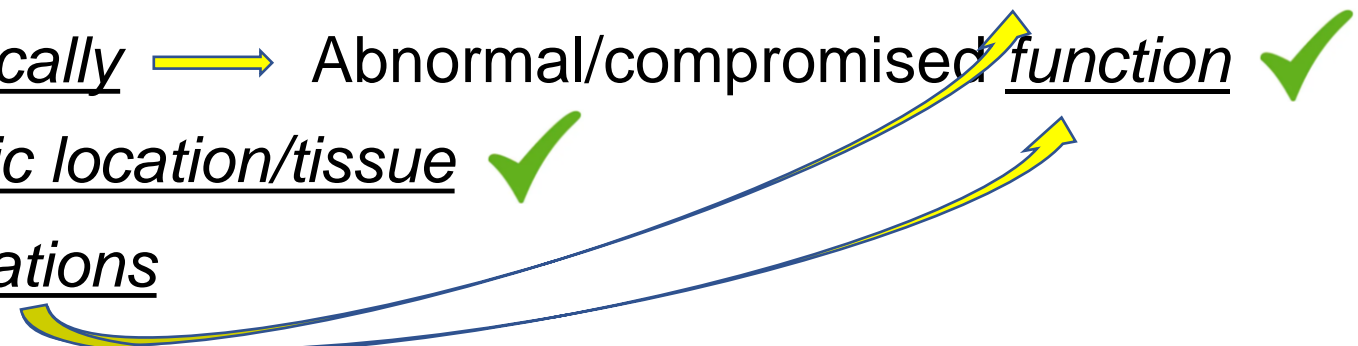
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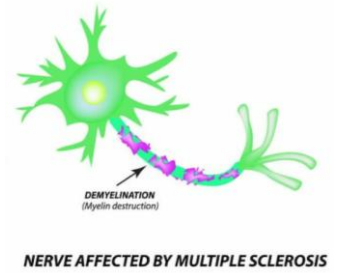
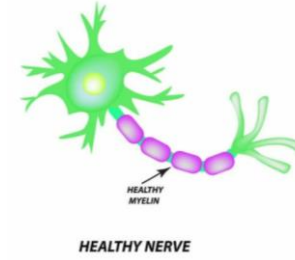
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Diagnosed via the three pillars of medical diagnosis





Multiple Sclerosis



Specific location/organ: brain/nervous system

Abnormalities of structure: damage to sheaths that cover/protect nerve fibers

Abnormalities of function: interferes with normal nerve cell functioning

GIVING RISE TO

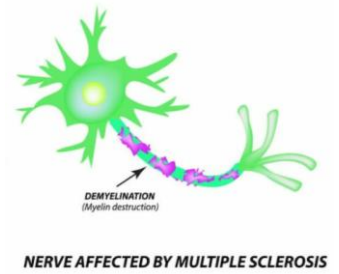
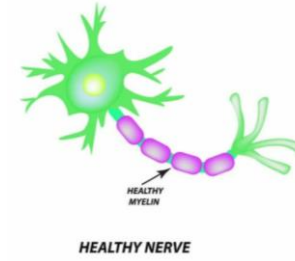
Distinct symptoms: limb weakness sensation reduced pins/needles

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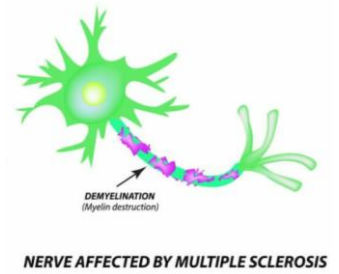
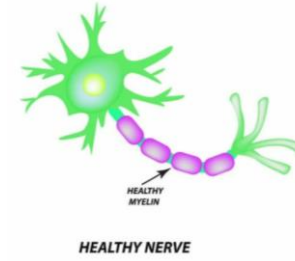
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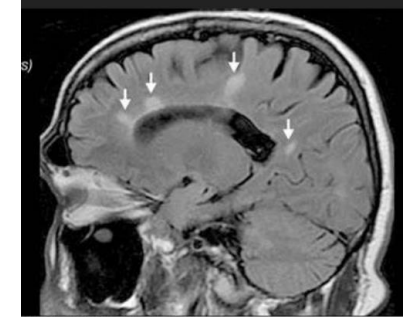
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Investigations: MRI scan consistent findings
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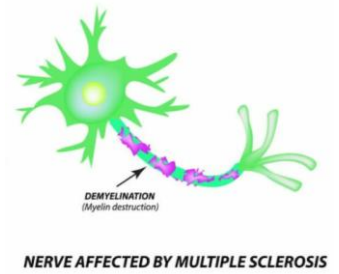
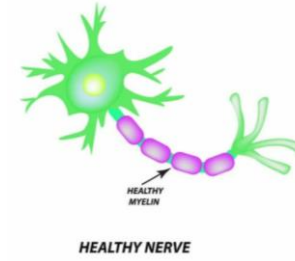
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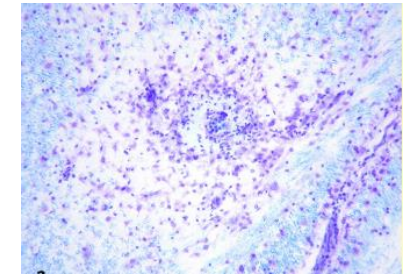
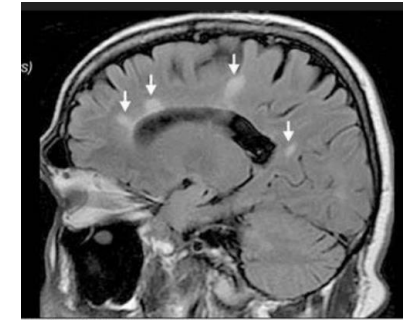
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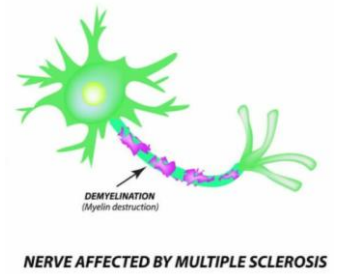
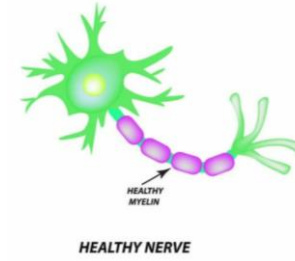
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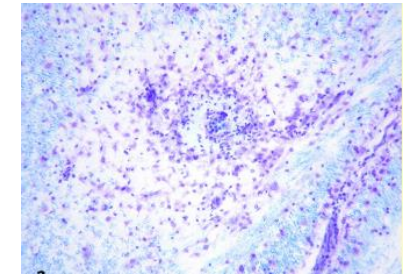
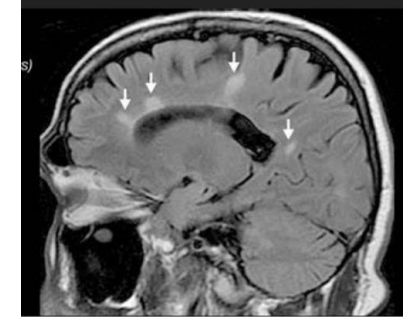
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abnormalities of both **structure** and **function** scientifically confirmed

Diagnosis: rock solid scientifically $\xrightarrow{\text{VIA}}$ The three pillars of medical diagnosis

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 - Diagnosed via the three pillars of medical diagnosis ✓
- CONFIRM



Stroke

An ischemic stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes.

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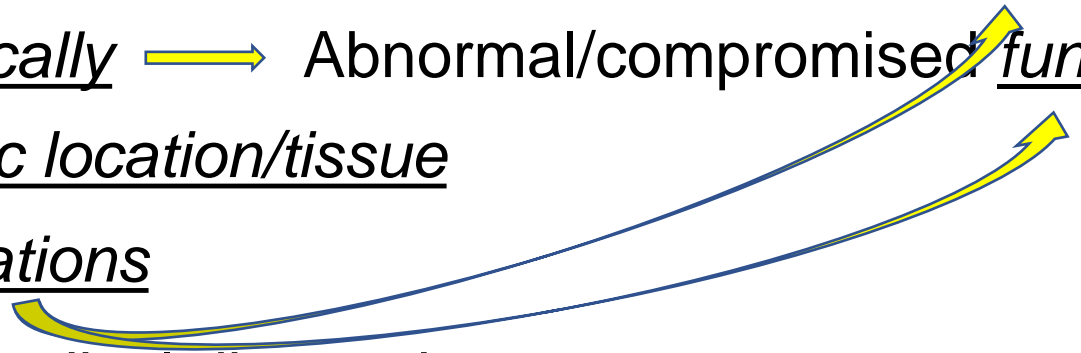
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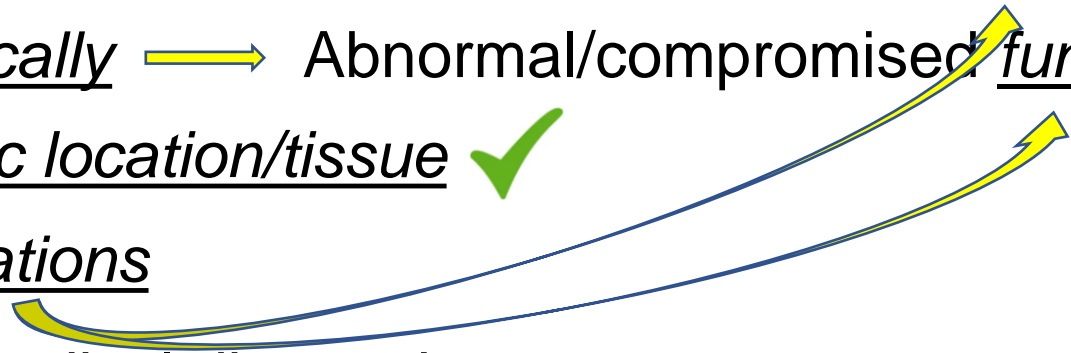
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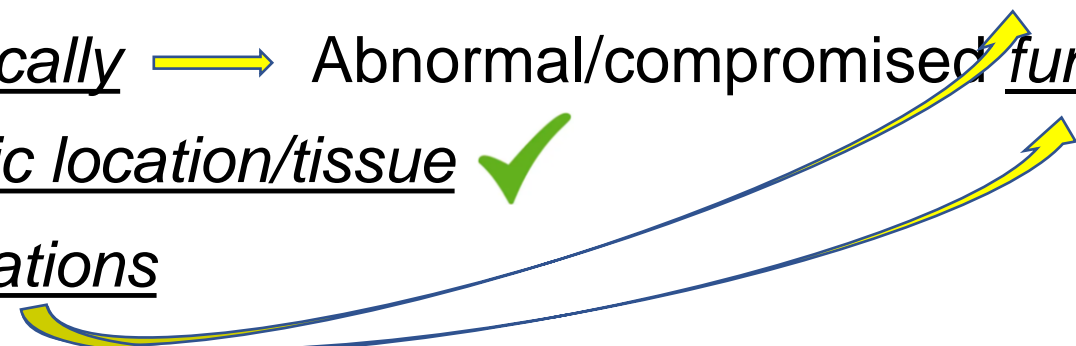
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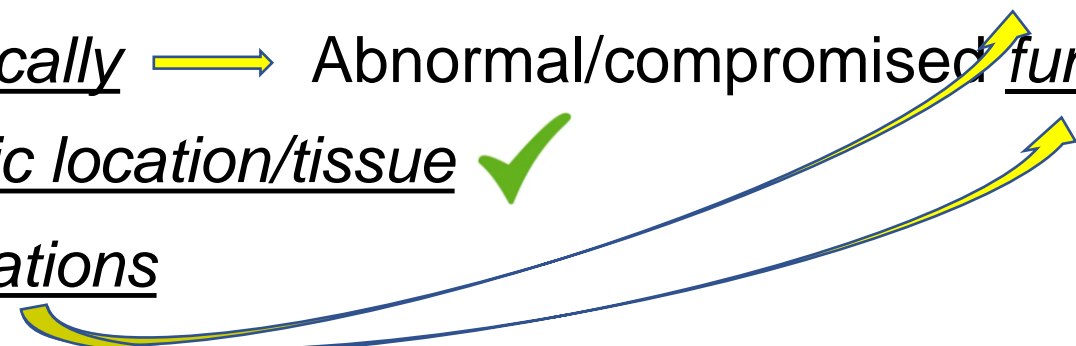
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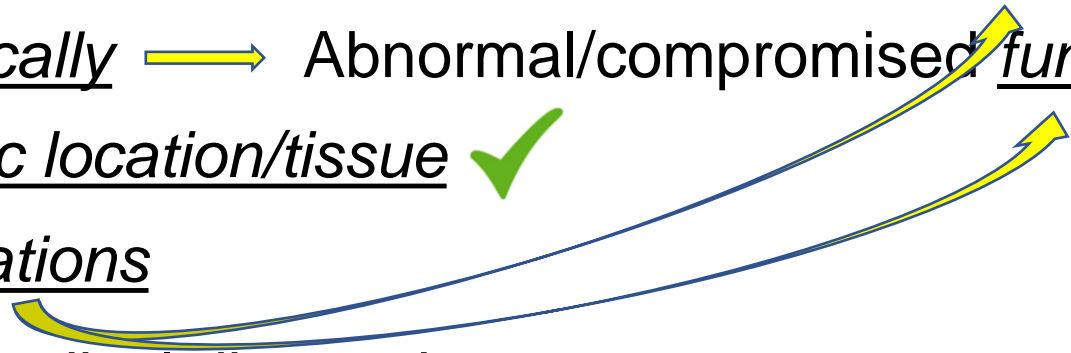
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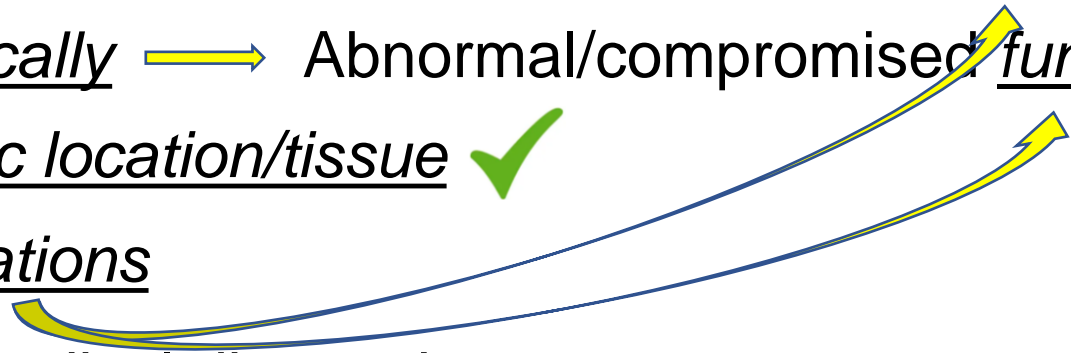
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Stroke

Specific location/organ: brain

Abnormalities of structure: burst blood vessel leading to brain tissue death

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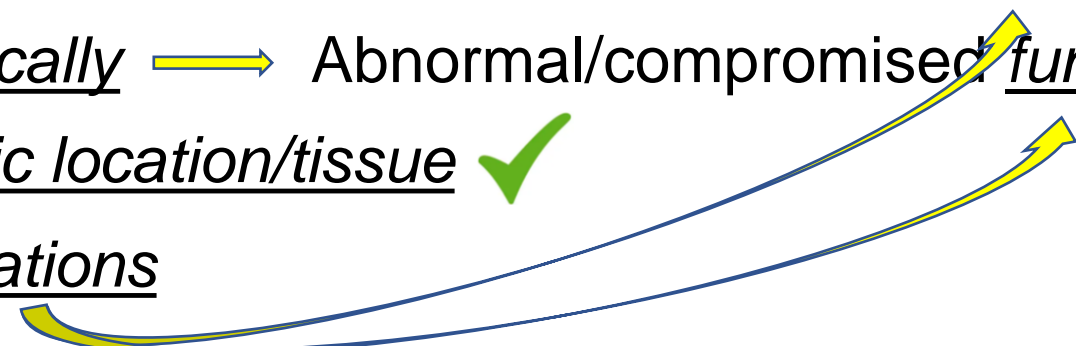
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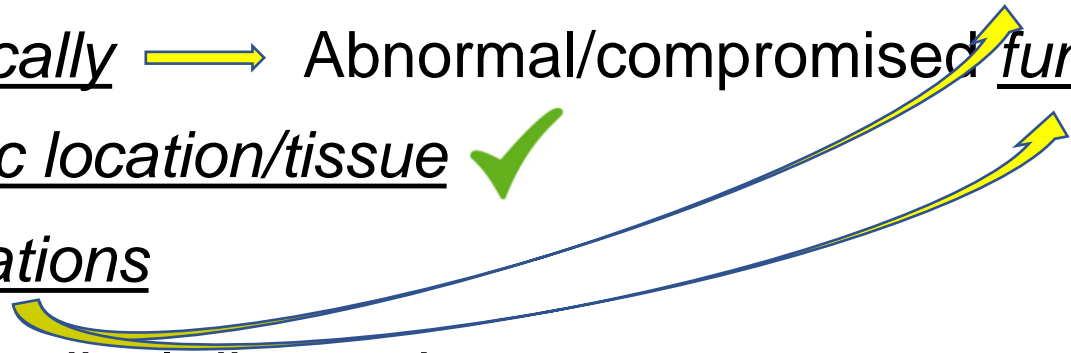
That could be identified anatomically → Abnormal/diseased structure ✓

That could be identified physiologically → Abnormal/compromised function ✓

Affects the whole body or a specific location/tissue ✓

→ Collection of distinct tests/investigations

Diagnosed via the three pillars of medical diagnosis





Stroke

Specific location/organ: brain

Abnormalities of structure: burst blood vessel leading to brain tissue death

Abnormalities of function: interferes with normal brain cell functioning

GIVING RISE TO
↓

Distinct symptoms: limb weakness sensation reduced speech defects

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 ✓

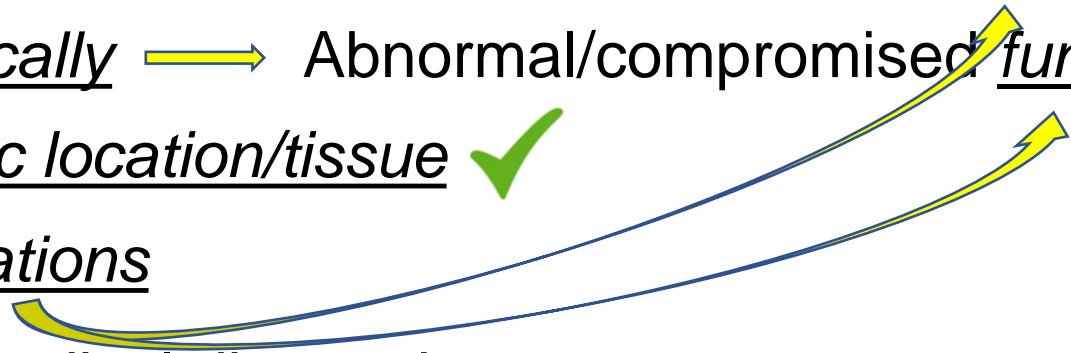
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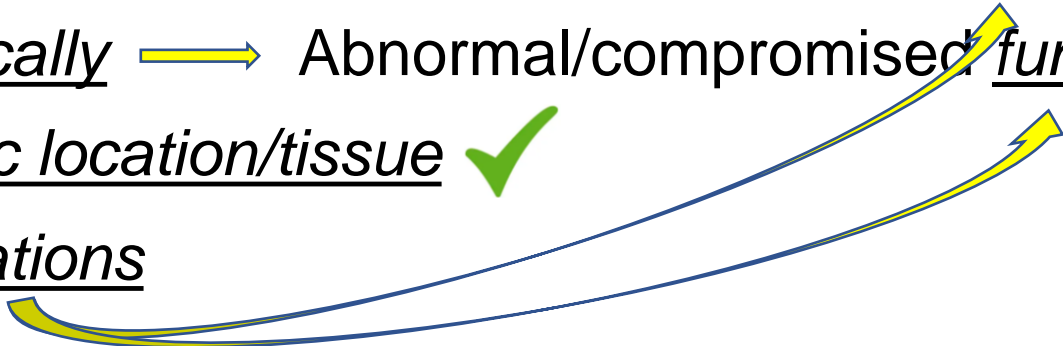
That could be identified anatomically → Abnormal/diseased structure ✓

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Diagnosed via the three pillars of medical diagnosis



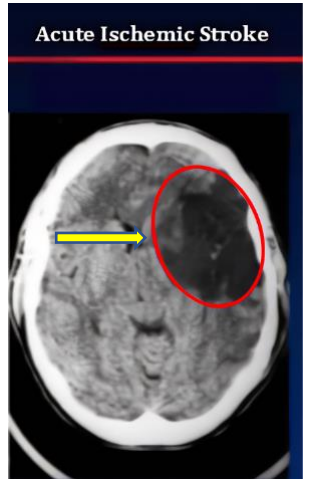
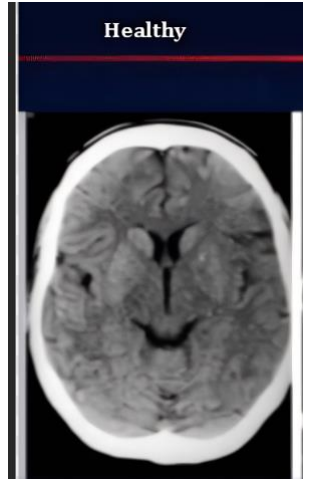


Stroke

- Specific location/organ:** brain
- Abnormalities of structure:** burst blood vessel leading to brain tissue death
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GIVING RISE TO

- Distinct symptoms:** limb weakness sensation reduced speech defects
- Distinct signs:** measurable weakness observable physical changes
- Investigations:** brain scan consistent findings



Key characteristics of a medical disease/illness

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 - That could be identified physiologically → Abnormal/compromised function ✓
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 - Collection of distinct tests/investigations ✓
- Diagnosed via the three pillars of medical diagnosis

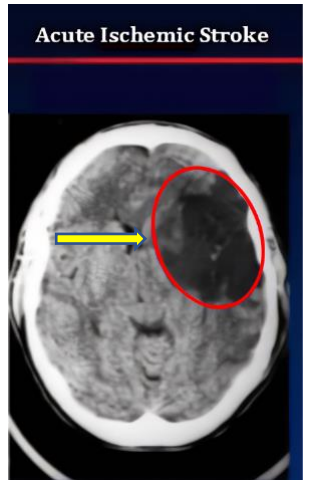
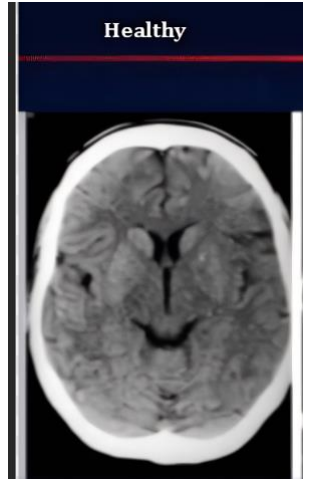


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GIVING RISE TO

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characteristic brain abnormalities found at post-mortem



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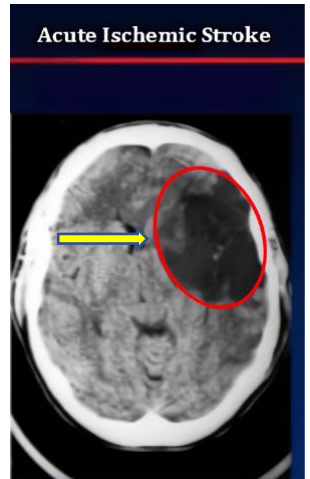
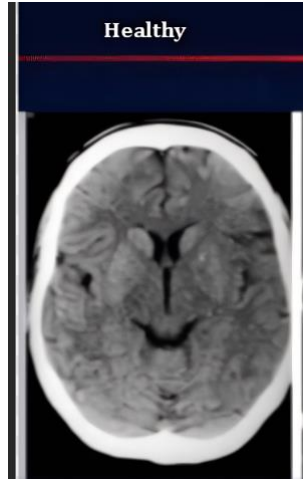


Stroke

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GIVING RISE TO

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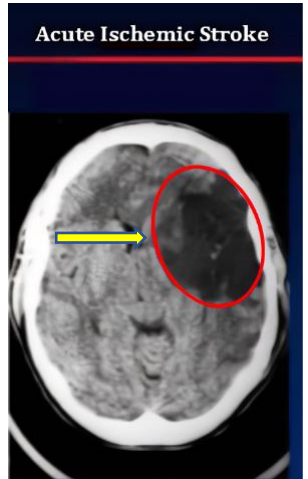
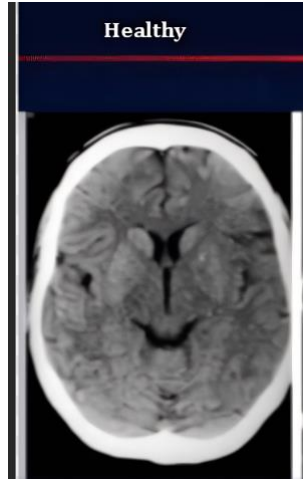
abnormalities of both **structure** and **function** scientifically confirmed

Key characteristics of a medical disease/illness

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Stroke



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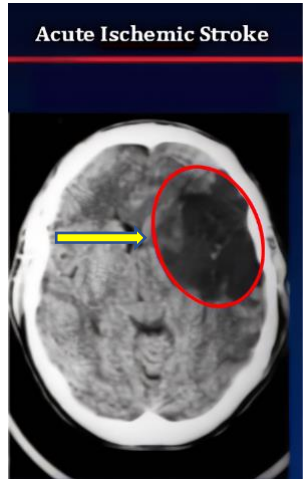
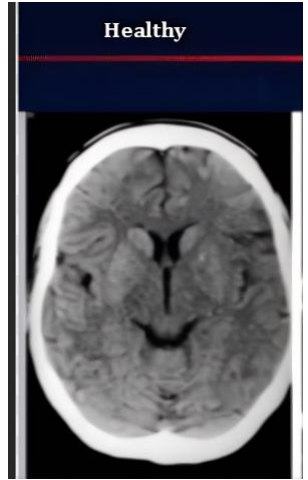
Diagnosis: rock solid scientifically

Key characteristics of a medical disease/illness

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 - Diagnosed via the three pillars of medical diagnosis ✓



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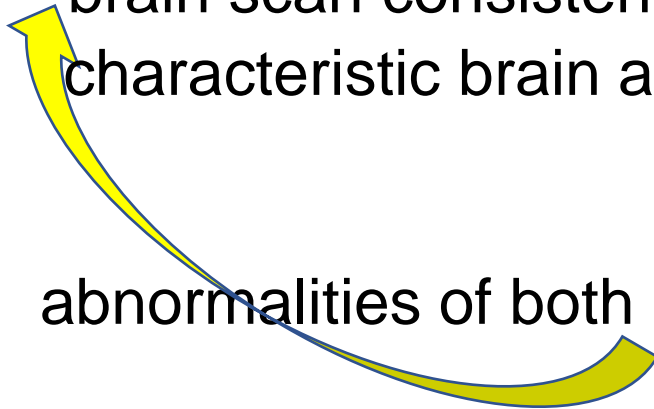


Distinct symptoms: limb weakness sensation reduced speech defects

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abnormalities of both **structure** and **function** scientifically confirmed



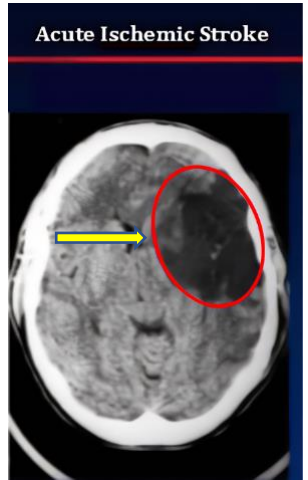
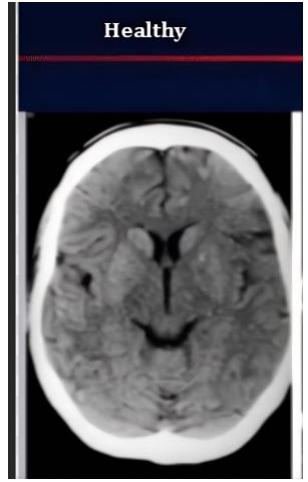
Diagnosis: rock solid scientifically

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Stroke



GIVING RISE TO

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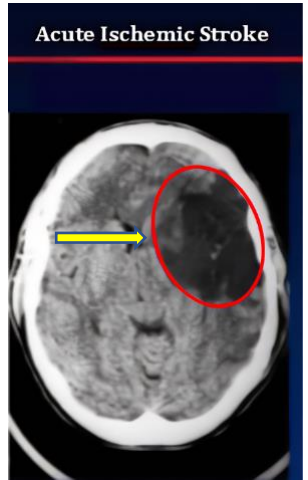
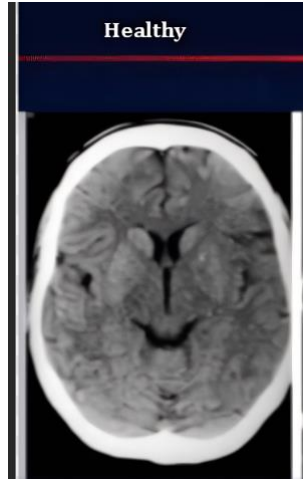
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Stroke



GIVING RISE TO



Specific location/organ: brain

Abnormalities of structure: burst blood vessel leading to brain tissue death

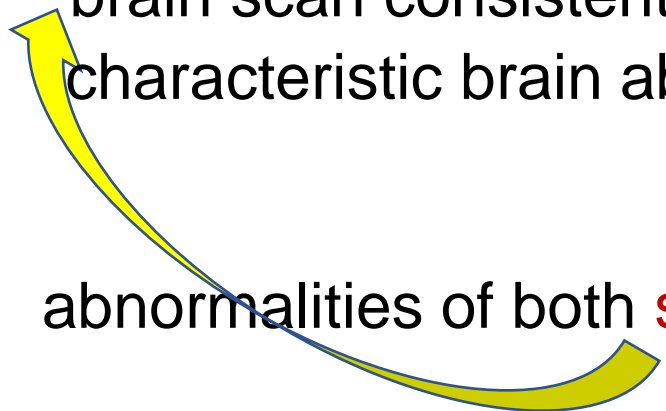
Abnormalities of function: interferes with normal brain cell functioning

Distinct symptoms: limb weakness sensation reduced speech defects

Distinct signs: measurable weakness observable physical changes

Investigations: brain scan consistent findings
characteristic brain abnormalities found at post-mortem

abnormalities of both **structure** and **function** scientifically confirmed



Diagnosis: rock solid scientifically



Parkinson's disease

Parkinson's disease is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves.

In Parkinson's disease, certain nerve cells (neurons) in the brain gradually break down or die.

DISEASE PROCESS CAUSES

Structural damage/change

GIVES RISE TO/CAUSES

Functional impairment/impaired function(ing)

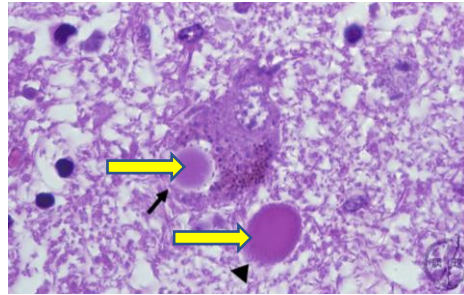
Due to the structural tissue damage

Other brain diseases

Parkinson's Disease

DISTINCT
FEATURES →

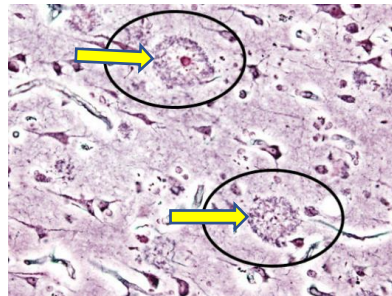
Tremor Gait Stiffness Balance Movements
Specific brain tissue findings post mortem



Alzheimers Disease

DISTINCT
FEATURES →

Progressive major cognitive decline
May show on brain scans
Specific brain cell changes on post-mortem



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

Diagnosed via the three pillars of medical diagnosis

CONFIRM

Depression



- Specific location/organ:** Brain – claimed to be
- Abnormalities of structure:** None scientifically identified
- Abnormalities of function:** None scientifically identified

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

Diagnosed via the three pillars of medical diagnosis

CONFIRM

Depression



Specific location/organ: Brain – claimed to be
Abnormalities of structure: None scientifically identified
Abnormalities of function: None scientifically identified

NOT GIVING RISE TO

Distinct symptoms: No distinct physical/biological symptoms
Distinct signs: No distinct physical/biological signs
Investigations: None carried out
No identified abnormalities in structure/function to work with

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

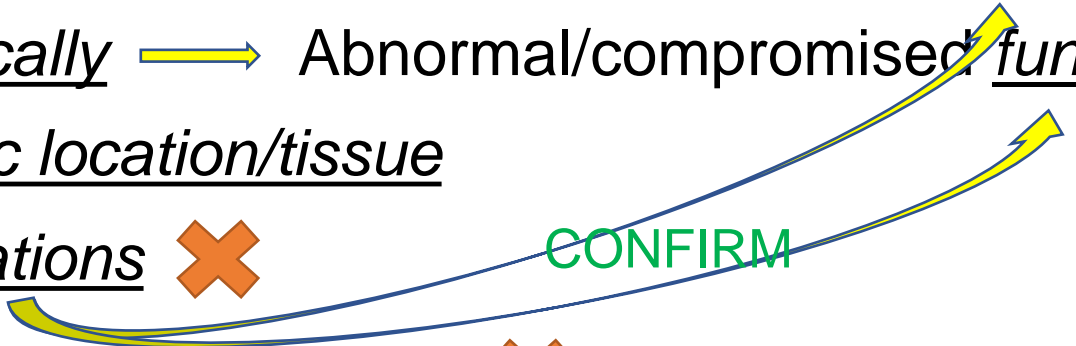
That could be identified anatomically → Abnormal/diseased structure ✘

That could be identified physiologically → Abnormal/compromised function ✘

Affects the whole body or a specific location/tissue

→ Collection of distinct tests/investigations ✘

→ Diagnosed via the three pillars of medical diagnosis ✘



Depression



Specific location/organ: Brain – claimed to be
Abnormalities of structure: None scientifically identified
Abnormalities of function: None scientifically identified

NOT GIVING RISE TO
↓

Distinct symptoms: No distinct physical/biological symptoms
Distinct signs: No distinct physical/biological signs
Investigations: None carried out
No identified abnormalities in structure/function to work with
Never confirmed in pathology/biochemistry lab

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 ✘

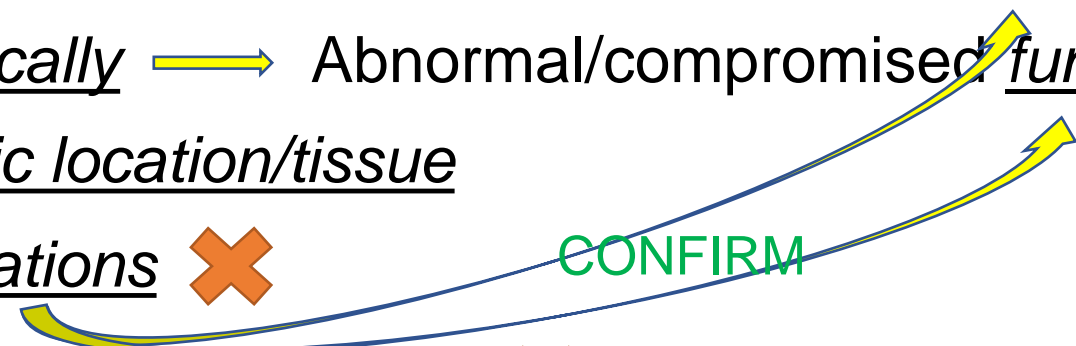
That could be identified anatomically → Abnormal/diseased structure ✘

That could be identified physiologically → Abnormal/compromised function ✘

Affects the whole body or a specific location/tissue

Collection of distinct tests/investigations ✘

Diagnosed via the three pillars of medical diagnosis ✘



Depression



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- Abnormalities of structure: None scientifically identified
- Abnormalities of function: None scientifically identified

NOT GIVING RISE TO

- Distinct symptoms: No distinct physical/biological symptoms
- Distinct signs: No distinct physical/biological signs
- Investigations: None carried out
- No identified abnormalities in structure/function to work with
- Never confirmed in pathology/biochemistry lab

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 ✘

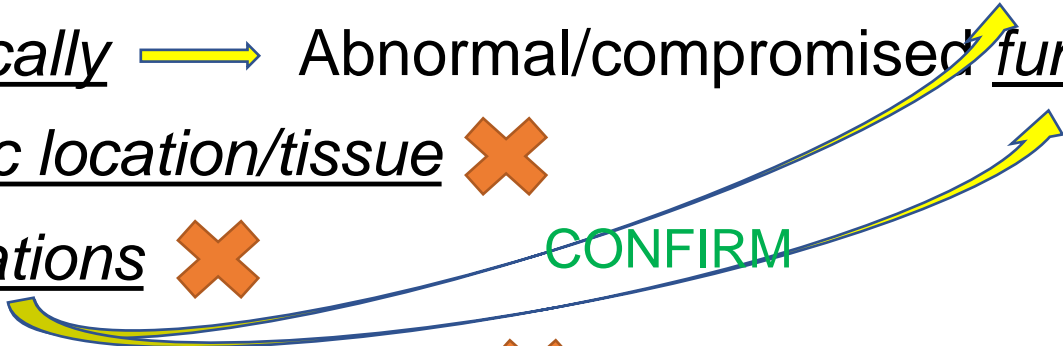
That could be identified physiologically → Abnormal/compromised function ✘

→ Affects the whole body or a specific location/tissue ✘

Collection of distinct tests/investigations ✘

Diagnosed via the three pillars of medical diagnosis ✘

CONFIRM



Depression



Specific location/organ: Brain – claimed to be
Abnormalities of structure: None scientifically identified
Abnormalities of function: None scientifically identified

NOT GIVING RISE TO
↓

Distinct symptoms: No distinct physical/biological symptoms
Distinct signs: No distinct physical/biological signs
Investigations: None carried out
No identified abnormalities in structure/function to work with
Never confirmed in pathology/biochemistry lab

Diagnosis: Totally unestablished scientifically
Science has no relevance/input

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 ✘

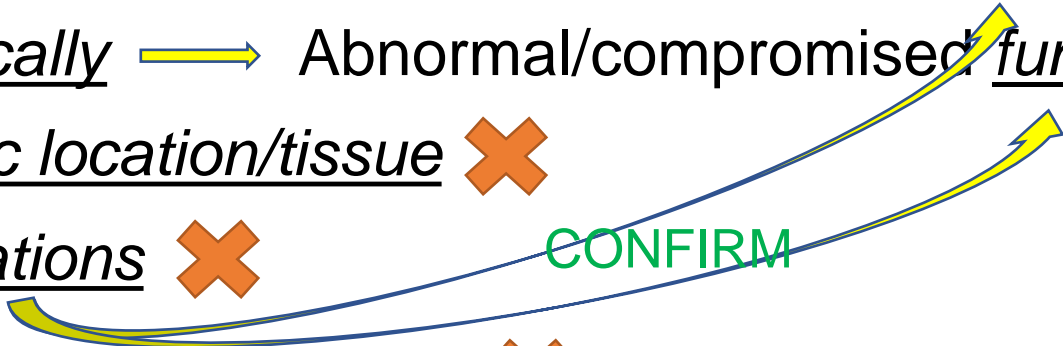
That could be identified physiologically → Abnormal/compromised function ✘

→ Affects the whole body or a specific location/tissue ✘

Collection of distinct tests/investigations ✘

Diagnosed via the three pillars of medical diagnosis ✘

CONFIRM



How depression is diagnosed

HISTORY

(Pillar One)

Subjective

“Symptoms”

TOTAL

Weak

Further weakened

PHYSICAL EXAMINATION

(Pillar Two)

Objective

Signs

NONE

Very weak

INVESTIGATIONS

(Pillar Three)

Objective

Tests

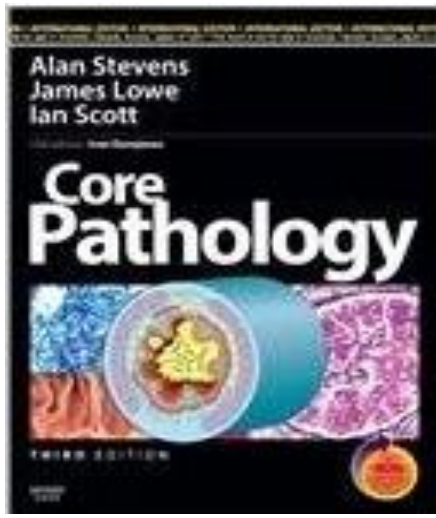
NONE

Extremely weak

OF

BECAUSE

Interpretation



Pathology

632 pages

33 copies in University of Limerick library


25 chapters

“Nervous system and muscle” chapter (42 pages)

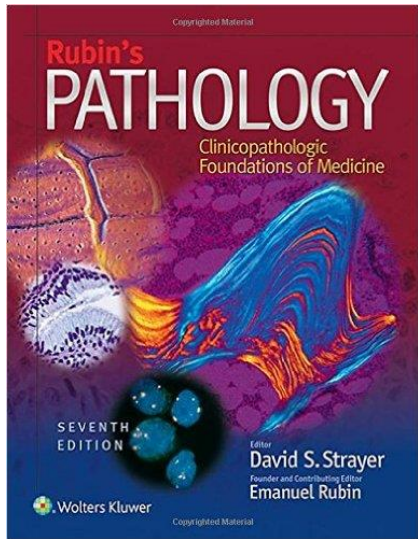
All known biological conditions

Depression not mentioned

No pathological findings characteristic of depression

Index:  Not a single index entry for depression
33 entries for “brain”, depression not mentioned here
or in the 14 index entries for “cerebral”

Core Pathology, Third Edition (2009),
Alan Stevens, James Lowe & Ian Scott, Mosby Elsevier



Rubin's Pathology

1,341 pages

30 chapters

“Nervous System” chapter



76 pages

78 sub-headings

No mention of any pathological findings for depression anywhere in this chapter or anywhere else in this pathology textbook

Index



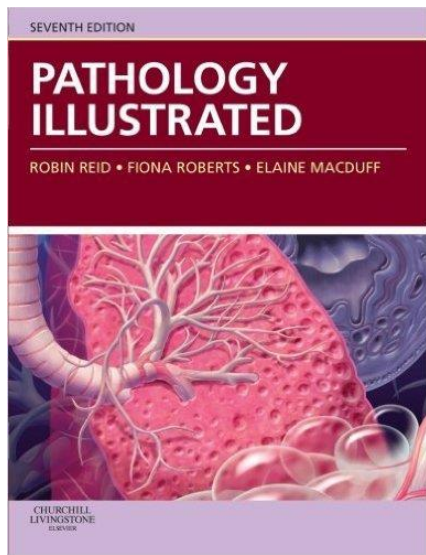
Extensive, 62-page

no entry for depression

21 index entries for “brain”

none refer to depression

Rubin's Pathology: Clinicopathologic Foundations of Medicine, Fifth Edition (2008)



Pathology Illustrated

670 pages

16 chapters

“Nervous System” chapter

60 pages

nervous system diseases

biological abnormalities

depression not mentioned

anywhere

Index:



14 entries for “brain”

0 entries for depression

Expected:



No known brain or other pathology identified for depression

Is depression caused by functional abnormalities in the brain?

Pathology



Identified abnormalities in **structure** and **function** of body organs/tissue

No brain **structural** abnormality identified in depression

No brain **functional** abnormality identified in depression

Question:

Does depression meet the long-established medical criteria for a brain disease?

Answer:



No

THEREFORE



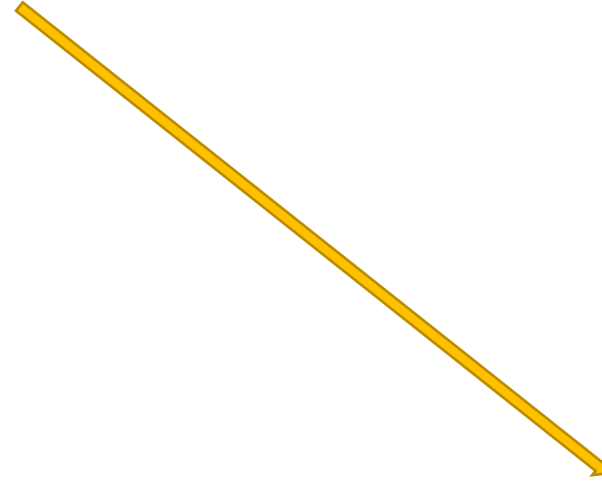
Depression is NOT a verified brain disease/illness
Should never be stated to so be

Conclusion

Depression meets the long-established criteria for a disease?

Yes

No



Three reputable sites



Brain disorders

1.  National Institute of Neurological Disorders and Stroke
2.  Brain Foundation and Migraine & Headache Australia
3.  WebMD

Three reputable sites



Brain disorders

- 1.  National Institute of Neurological Disorders and Stroke
- 2. 
- 3. 

All Disorders


A B C D E F G H I J K L M N O P R S T V W Z

All Disorders



A B C D E F G H I J K L M N O P R S T V W Z

D

 [Dandy-Walker Syndrome](#)
1 in 30,000 people

[Deep Brain Stimulation for
Movement Disorders](#)

[Dementia, Multi-Infarct](#)

[Dementias](#)

 [Dermatomyositis](#)
1 in 15 million people

[Developmental Dyspraxia](#)

[Diabetic Neuropathy](#)

[Dravet Syndrome](#)

[Dysautonomia](#)

[Dysgraphia](#)



[Dyslexia](#)

[Dyssynergia Cerebellaris](#)

[Dystonia](#)

[Depression](#)
1 in 10 people


[Myoclonica](#)

 Not included 

All Disorders



A B C D E F G H I J K L M N O P R S T V W Z

 No results found.

Three reputable sites



Brain disorders

1.  National Institute of Neurological Disorders and Stroke

→ 2. 

3. 

The Brain Foundation



Brain Disorders

A-Z Disorders

The Brain Foundation's A-Z of Brain Disorders aims to provide a resource for people newly-diagnosed with brain-related disorders, their friends and relatives, and health professionals.

reviewed by medical experts

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#)
[Y](#) [Z](#)

SELECT LETTER ABOVE TO JUMP TO THAT SECTION

The Brain Foundation



Brain Disorders

C

[Cerebral Lupus](#)

[Charcot-Marie-Tooth Disorder](#)

1 in 1,214 people

[Cluster Headache](#)

[Creutzfeldt-Jakob Disease](#)

[Cerebral Palsy](#)

[Chiari Malformation](#)

[Coma](#)

[Cervical Dystonia](#)

[Chronic Inflammatory Demyelinating Polyneuropathy](#) 1 in 17,000 people

[Concussion](#)

D



Depression: 1 in 10 people
Not included anywhere



[Dementia \(Non-Alzheimer type\)](#)

[Dyspraxia](#)

[Down Syndrome](#)

[Dystonia](#)

1 in 25,000 people

[Dyslexia](#)

Three reputable sites



Brain disorders


1.  National Institute of Neurological Disorders and Stroke

2. 

 3. 

Brain Diseases

Written by [Matthew Hoffman, MD](#)

 Medically Reviewed by [Jabeen Begum, MD](#) on March 20, 2023

[Brain Diseases: Seizures](#)

[Brain Diseases: Trauma](#)

[Brain Diseases: Tumors, Masses, and Increased Pressure](#)

[Brain Diseases: Vascular \(Blood Vessels\) Conditions](#)

[Brain Diseases: Autoimmune Conditions](#)

[Brain Diseases: Neurodegenerative Conditions](#)

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Brain Diseases: Seizures

Brain Diseases: Trauma

Brain Diseases: Tumors, Masses, and Increased Pressure

Brain Diseases: Vascular (Blood Vessels) Conditions

Brain Diseases: Autoimmune Conditions

Brain Diseases: Neurodegenerative Conditions

Brain abscess: 1 in 100,000 people ✓

Vasculitis: 1 in 17,000 people ✓

Multiple Sclerosis: 1 in 50,000 people ✓

✗ Depression: 1 in 10 people ✗

How could it be

THAT

Uncommon/rare brain disorders

FOR EXAMPLE

Brain abscess: 1 in 100,000 people

Multiple Sclerosis: 1 in 50,000 people

Demyelinating Polyneuropathy: 1 in 17,000 people

Dystonia: 1 in 25,000 people

ARE OFFICIALLY LISTED AS BRAIN DISORDERS

BUT ...

Depression: 1 in 10 people

IS NOT LISTED

? Any official scientifically verified list of brain disorders ?

?



Three reputable sites

LIST
↓

Brain disorders



Why no reference to depression?

BECAUSE
↓

“Depression” is NOT a verified brain disease/medical disease/illness

Only one logical answer

TO THIS

Apparent conundrum

IS

Depression

IS NOT

A scientifically verified brain disorder

(More on this a little later)

NEUROLOGY

Neurology is the branch of medicine that deals with disorders of the nervous system, including the brain, spinal cord, peripheral nerves and muscles.





World Health
Organization



Mental health: neurological disorders

Neurological disorders are diseases of the central and peripheral nervous system. In other words, the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, and muscles. These disorders include epilepsy, Alzheimer disease and other dementias, cerebrovascular diseases including stroke, migraine and other headache disorders, multiple sclerosis, Parkinson's disease, neuroinfections, brain tumours, traumatic disorders of the nervous system due to head trauma, and neurological disorders as a result of malnutrition.

Hundreds of millions of people worldwide are affected by neurological disorders. More than 6 million people die because of stroke each year; over 80% of these deaths take place in low- and middle-income countries. More than 50 million people have epilepsy worldwide. It is estimated that there are globally 47.5 million people with dementia with 7.7 million new cases every year - Alzheimer's disease is the most common cause of dementia and may contribute to 60–70% of cases. The prevalence of migraine is more than 10% worldwide.

No mention of any “mental illnesses”

<http://www.who.int/features/qa/55/en/>



What is a Neurologist?

A neurologist is a highly trained doctor with specialized training in diagnosing complex conditions of the brain and spinal cord (the central nervous system), peripheral nerves (nerves connecting the brain and spine to the organs, like the lungs or liver), and muscles.

Neuroscience

Neuroscience (or neurobiology) is the scientific study of the nervous system. It is a multidisciplinary science that combines physiology, anatomy, molecular biology, developmental biology, cytology, computer science and mathematical modeling to understand the fundamental and emergent properties of neurons and neural circuits.

2017

Dr. Thomas Insel

Director, National Institute of Mental Health, USA.



Gregg Henriques Ph.D.
Theory of Knowledge

May 23, 2017

Twenty Billion Fails to "Move the Needle" on Mental Illness

"I spent 13 years at NIMH really pushing on the neuroscience and genetics of mental disorders, and when I look back on that I realize that while I think I succeeded at getting lots of really cool papers published by cool scientists at fairly large costs—I think \$20 billion—

<https://www.psychologytoday.com/intl/blog/theory-knowledge/201705/twenty-billion-fails-move-the-needle-mental-illness> accessed 05th October 2022



Thomas R. Insel, M.D.
NIMH Director

2017

Dr. Thomas Insel

Director, National Institute of Mental Health, USA.



Gregg Henriques Ph.D.
Theory of Knowledge

May 23, 2017

Twenty Billion Fails to "Move the Needle" on Mental Illness

I don't think we moved the needle in reducing suicide, reducing hospitalizations, improving recovery for the tens of millions of people who have mental illness."

"I hold myself accountable for that."

<https://www.psychologytoday.com/intl/blog/theory-knowledge/201705/twenty-billion-fails-move-the-needle-mental-illness> accessed 05th October 2022



Thomas R. Insel, M.D.
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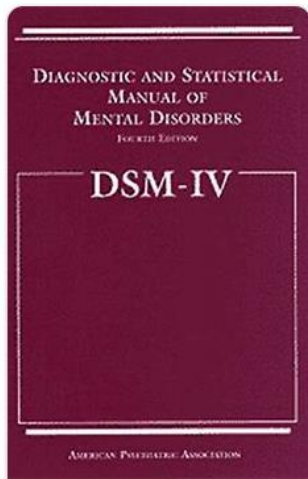
Twenty Billion Fails to "Move the Needle" on Mental Illness

If this is not evidence that we need to stop reducing the human mind to the brain, I don't know what would be.

<https://www.psychologytoday.com/intl/blog/theory-knowledge/201705/twenty-billion-fails-move-the-needle-mental-illness> accessed 05th October 2022



Thomas R. Insel, M.D.
NIMH Director



Allen Frances

@AllenFrancesMD

Oct 19, 2021

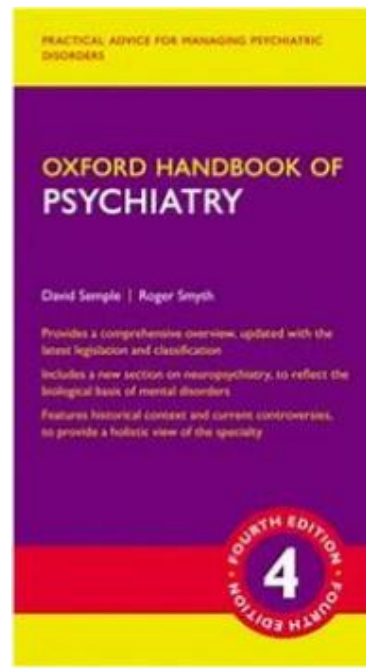
My amplification of NIMH Director's confession:

1)40 yrs of Neuroscience/Genetics research hasn't yet helped a single patient

(1) Allen Frances on Twitter: "My amplification of NIMH Director's confession: 1)40 yrs of Neuroscience/Genetics research hasn't yet helped a single patient 2)Proves no low hanging fruit/no quick breakthrus 3)Rebalance funding to include clinical/services/public health research 4)Reduce hype re "cool" research" / Twitter



Dr. David Semple
Psychiatrist



Dr. Roger Smyth
Psychiatrist

“Most mental diagnoses have had their validity questioned at several points in history”

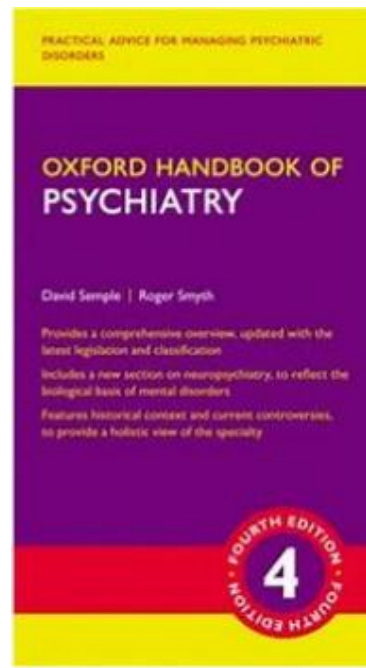
BUT ...

Established biological diseases do not have their validity questioned

Semple, David, and Smyth, Roger, *Oxford Handbook of Psychiatry*, 4th Edition, 2019, Oxford University Press, p. 6.



Dr. David Semple
Psychiatrist



Dr. Roger Smyth
Psychiatrist



“All psychiatric illnesses are, by their nature, organic”

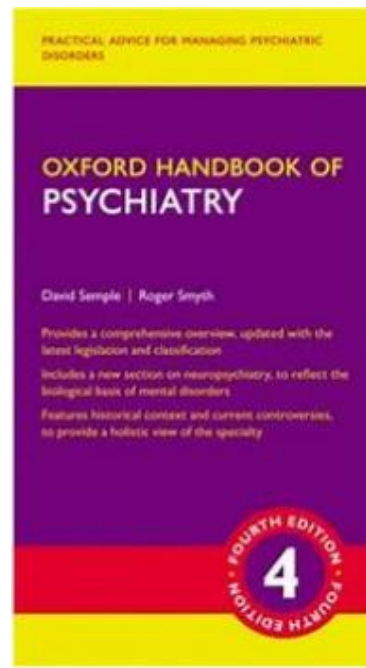


They involve abnormalities of brain structure or function”





Dr. David Semple
Psychiatrist



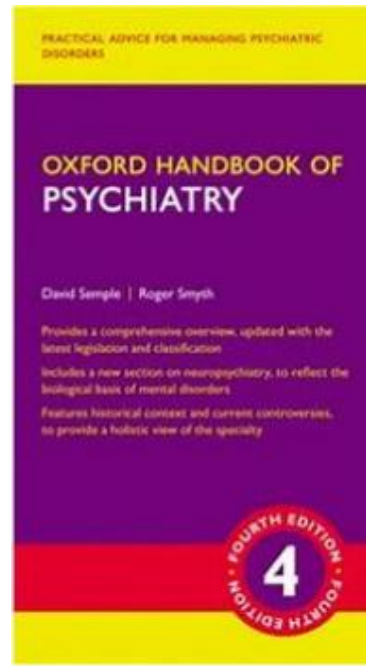
Dr. Roger Smyth
Psychiatrist

“Diagnosed by doctors on the basis of symptoms alone,
some people find their presence difficult to accept
in a field which has been almost universally successful
in finding demonstrable physical pathology or infection”

Semple, David, and Smyth, Roger, *Oxford Handbook of Psychiatry*, 4th Edition, 2019, Oxford University Press, p. 6



Dr. David Semple
Psychiatrist



Dr. Roger Smyth
Psychiatrist

“This argument, that psychiatric diagnoses are invalid,
still strikes a chord
with many doctors and non-medical academics”

Semple, David, and Smyth, Roger, *Oxford Handbook of Psychiatry*, 4th Edition, 2019,
Oxford University Press, p. 6



Dr. Muiris Houston

Irish GP

Irish Times medical correspondent

"Depression, in my view, is no different from diabetes.

In one you take insulin
and in the other you take Prozac or some other antidepressant.

Both substances are simply designed
to replace natural chemicals missing from the body"

Utterly unestablished/unverified scientifically
Utter conjecture

Dr. Muiris Houston, *Irish Times*, 17 December 2001



Dr. Alan Wade

GP, Scotland

Depression

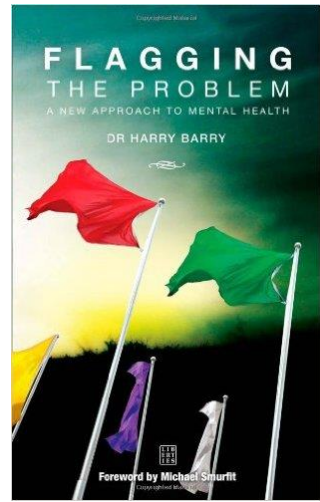
“The **fact** that depressive illnesses have a physical cause just like diabetes or any other disease”.

Dr. Alan Wade, GP, CPS Clinical Centre, Clydebank, Scotland,
quoted in the *Irish Examiner*, 07th December 2002.



Dr. Harry Barry

Irish GP author, mental health “expert”



“Just as diabetes is an illness caused by biological abnormalities in our pancreas, depression, anxiety and addiction are illnesses caused at least in part by biological abnormalities of the brain.”

Harry Barry, *Flagging the Problem: A New Approach to Mental Health*, Dublin: Liberties Press, 2007.

Diabetes

Depression

| | | |
|---|--------|-------|
| * Chemical imbalance scientifically/reliably verified | ✓ | ✗ |
| * Normal levels scientifically verified | ✓ | ✗ |
| * Abnormal levels scientifically verified | ✓ | ✗ |
| * Reliable test(s) available | ✓ | ✗ |
| * Diagnosis confirmed by lab/other tests | Always | Never |
| * Level of treatment guided by lab/other tests | Always | Never |

If doctors diagnosed diabetes like they diagnose depression



Medical negligence cases +++

Doctors struck off medical register +++

Chaotic patient care

Deaths +++ and serious complications +++



Dr. Muiris Houston

Irish GP

Irish Times medical correspondent

✘ "Depression, in my view, is no different from diabetes. ✘

In one you take insulin
and in the other you take Prozac or some other antidepressant.

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Depression

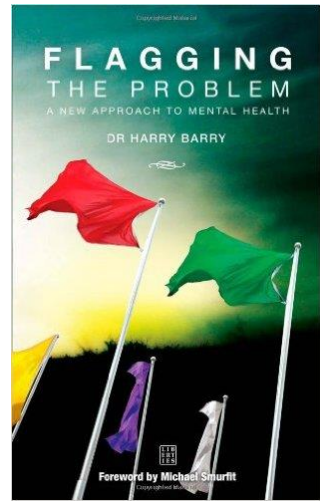
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What society's appointed experts/authorities say depression is

* 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