

# Antipsychiatry

HEALTHED GENERAL PRACTITIONER SEMINAR  
 DR TOM PATERSON  
 ADELAIDE  
 SATURDAY MAY 20<sup>TH</sup> 2017

## Dr Tom Paterson

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 Diploma of Royal College of Obstetricians and Gynaecologists  
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 Doctor of South Adelaide Football Club  
 Mid Life Crisis



## Dr Tom Paterson

### Private Psychiatric Practice

- The Adelaide Clinic
- Director Elderly Services
- Director of Outpatient Programmes
- Director of Community Service
- Director of ECT Service
- Senior Clinical Lecturer, University of Adelaide

## Conflicts of Interest

Has been a paid speaker or received sponsorship from Pfizer, Wyeth, Organon, Sanofi, Astra Zeneca, Bristol Squibb Myer, Eli Lilly, Servier and Lundbeck

## Conflict of Interest

Dr Paterson is anti the Anti - Psychiatry movement

As a starting place as a psychiatrist (because this is what the patient wants to know)

### Three Questions

- What is wrong with you?
- Why is it wrong with you?
- What to do about it?

Risk versus Benefit

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What is wrong with you?

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Diagnosis in Psychiatry

Why is it wrong with you?

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Bio-Psycho-Social Paradigm



What to do about it?

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Efficacy versus Tolerability

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*One Flew Over the Cuckoo's Nest* (1975)

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Was based on the book by Ken Kesey (1962)

The book was written at the high point of the anti-psychiatry movement



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## Psychiatry is the only medical specialty with a long time nemesis

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## Anti-psychiatry

- Believes that psychiatric treatments are often more damaging than helpful to patients
- It has been a movement opposing such treatments for almost two centuries

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## Anti-psychiatry

What are the “wrongdoings” of psychiatry that generate the long-standing protests and assaults?

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## The original “sin” of psychiatry

Appears to be locking up and “abusing” mentally ill patients in asylums

Two centuries ago the asylum was considered a humane advance to save seriously disabled patients from homelessness, persecution, neglect, victimization, or imprisonment




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Daniel Defoe (1660-1731) argued that husbands used asylum hospitals to incarcerate their disobedient wives and later that wives even did the same to their husbands




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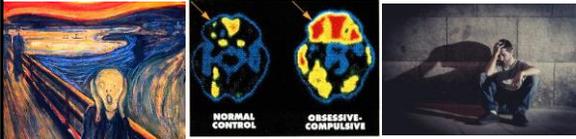
The deteriorating conditions of “lunatic” asylums in the 19<sup>th</sup> and 20<sup>th</sup> centuries were blamed on psychiatry

Not the poor funding of such institutions in an era of almost complete ignorance about the medical basis of mental illness

### Other perceived misdeeds of psychiatry include

#### That Psychiatrists medicalize madness

But we do to contradict the archaic notion that psychosis and depression and obsessive compulsive disorder are a type of behaviour, not an illness



### Other perceived misdeeds of psychiatry include

Drastic measures to control severe mental illness in the pre-pharmacotherapy era:

#### Excessive use of electroconvulsive therapy

ECT certainly was abused many decades ago when it was used (without anaesthesia) in patients who were unlikely to benefit from it

#### Lobotomies

Harmful interventions such as frontal lobotomy were a product of a desperate time when no effective and safe treatments were available. And its neurosurgeon inventor received the 1949 Nobel Prize in Medicine

Resection of various body parts

### Other perceived misdeeds of psychiatry include

#### Serious or intolerable side effects of some antipsychotic medications

When antipsychotic medications were discovered in the 1950s (eventually helping to shut down most asylums), these medications' neurologic side effects (dystonia, akathisia, parkinsonism, and tardive dyskinesia) prompted another outcry by antipsychiatry groups.

But at that time there was no better alternative to control psychosis.

### Other perceived misdeeds of psychiatry include

Labelling slaves' healthy desire to escape from their masters in the 19<sup>th</sup> century as an illness ("drapetomania")

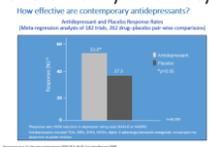


Labels give a bogus impression of accuracy and immutability.

This is not all bad as 'schizophrenics' are now regularly described as 'People with Schizophrenia' and 'Aids victims' as 'People with Aids'

### Other perceived misdeeds of psychiatry include

Psychiatrists are complicit with drug companies and employ drugs of dubious efficacy or safety



## Anti Psychiatry in the 1960s

R.D. Laing, Theodore Lidz, and Silvano Arieti

Argued that psychosis is “understandable” as a method of coping with a “sick society”  
 Attributed the cause of schizophrenia to “schizophrenogenic parents” who inflict damage on their offspring



Thomas Szasz was a prominent psychiatrist who proclaimed mental illness is a myth



In my experience “...pines” and “...dones” reduce and even remove the symptoms of the so-called “myth”!

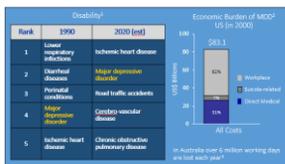
## Perhaps Antipsychiatry is too simplistic

They may claim that poverty, not neurotransmitter dysfunction, is the major cause of depression. Or that schizophrenia is as much a function of a chaotic and deprived lifestyle as any brain malfunctioning.

I would rather:



MDD is disabling and an economic burden worldwide



\* Source: World Health Organization (WHO) (2014) Global Burden of Disease Study 2010. Geneva: World Health Organization. Available at: <http://www.who.int/mediacentre/factsheets/fs044/en/>

Borrowed from Seaver

## Why a 'War on Mental Illness' is truly needed

Why a 'War on Mental Illness' is truly needed

...the mental health system is a vast, uncoordinated, and largely unregulated industry that has become a major force for profit in the United States. The industry is dominated by a few large pharmaceutical and medical device companies, and it is characterized by a high degree of secrecy and a lack of transparency. The industry has a long history of exploiting the vulnerability of its patients, and it has a track record of unethical behavior. The industry has a vested interest in maintaining the status quo, and it is opposed to any reform that would reduce its power and influence. The industry has a long history of exploiting the vulnerability of its patients, and it has a track record of unethical behavior. The industry has a vested interest in maintaining the status quo, and it is opposed to any reform that would reduce its power and influence.

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## Why a 'War on Mental Illness' is truly needed

Mental illness has an immense impact on Australia, and the costs are exceedingly high. One in five (20%) Australians aged 16-65 experiences mental illness in any year, and it is estimated that the Commonwealth spends about \$1.3 billion per year in costs related to mental illness. **Professor Julio Licinio**, from the Head, Mind and Brain Theme at SAHMRI, explains why a concerted national effort is needed to address the burden of disease.



**Depressed cost \$10bn**

DEPRESSION and anxiety cost the Australian economy almost \$10 billion a year in lost productivity – and men are usually responsible for running up the bill. A new study of office workers has found that men in 30-year-old are at very high risk of a mental health disorder. While women were likely more susceptible than men, experts conclude that men were more likely to be sick and work inefficiently.

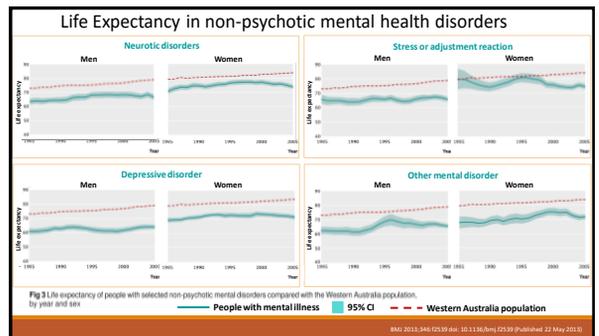
## Mortality Rate

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AAP  
5 AUG 2015

The chair of the National Mental Health Commission, Professor Allan Fels, told the National Press Club that Australia's suicide rate is double the road toll, with seven deaths every day.





## Anti Pharmaceutical industry

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Viewpoint  
**Antidepressants and suicide in young people**  
 Robert D Goldberg  
 Wed 7 Jun 2017 17:10:58 GMT

Article Authors References

**Abstract**

- A number of recent studies have allayed fears about antidepressants precipitating suicidal behaviour in young people. Indeed, antidepressants appear to be conspicuous by their absence of use in young people who die by suicide.
- Furthermore, there is concern that the reduced prescribing of antidepressants to young people may be associated with an increase in youth suicide in the United States.
- Although not first-line treatment, antidepressants should not be denied young people if psychosocial and cognitive behavioural therapies are not effective for major depression.

## No drugs in neuroscience pipeline

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## If only antipsychiatrists

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Would spend a week on an acute psychiatric unit to witness the need for and benefit from psychotropic medications for psychotic, manic, or depressed patients.

Although psychiatric patients experience side effects, they are no worse than those experienced by cancer, arthritis, or diabetes patients.

## Antipsychiatry-There is an upside

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Helps keep us honest and rigorous about what we do, motivating us to relentlessly seek better diagnostic models and treatment paradigms

Psychiatry is far more scientific today than it was a century ago, but misperceptions about psychiatry continue to be driven by abuses of the past

The best antidote for antipsychiatry allegations is a combination of personal integrity, scientific progress, and sound evidence-based clinical care

## How to deal with antipsychiatry in the consulting room

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I will get addicted to the drugs

Adherence

I must be weak

So why do we treat patients?

