

### Journal #3

Size 12 font double spaced 1-inch margins

MAKE THIS ONE LONGER THAN THE OTHERS: 2 ½ pages = B, 3 pages = B+, 3 ½ pages = A-; 4 pages = A

It is more than ok to write about more than one of these topics!

1. What do you think about the direction that psychopharmacology is heading? Not only is medication becoming the primary form of treatment for people with disorders; we have discussed the creation and availability of new drugs that, although created to help people with mental disorders, are being used by people who do not fit the criteria for any particular mental disorder. What do you think about this trend? Some further questions to think about along these lines...
  - If I do not suffer from a disorder, but have certain thought or emotional or behavioral patterns that are problematic for me, and a drug can help me with these, is it acceptable, or good, for me to take the drug or not? When or when not? Why or why not?
  - What is gained by dealing with our psychological struggles on our own, or without the use of a drug? When are these benefits outweighed by the benefits a drug can provide?
  - Should these patterns be viewed as lesser forms of mental disease? "Mental disease differs from endearing quirks only in degree." According to this idea, our faults, our psychological difficulties, our less admirable qualities, could be lesser forms of mental disorders, caused by more subtle disturbances of the same systems that cause major mental illness. Should we be looking at ourselves and our "endearing quirks" in this way?
  - The use of these drugs corresponds with a shift from the psychological model, where we explore past and present life experiences in order to make change, to the medical model, where we see our problems as symptoms with physical causes which require a physical cure (usually medication). What are the costs and benefits of this shift, in your opinion?
  - To what extent should we hold the individual self as sacred? Do these drugs make us into someone we are not, or allow us to be the people that we really are?
  - What about taking a drug purely for enhancement purposes? – The idea of "off-the-shelf, made-to-order" personality, or "mental makeover," or a mental "steroid" (for work or school or socially, etc.) – is this acceptable / good or not and why?
  - In general, where do you draw the line on these drugs and why? What are the costs and benefits to the individual in taking a drug to make a personal change? What are the costs and benefits to society as a whole?
2. Your response to / thoughts about college or high school students taking ADHD medication without a prescription in order to study or perform well on a test.

Why is this happening? Who is to blame? What do we do? Would it be acceptable for students without ADHD to take ADHD medication for academic purposes if it were prescribed to them by a doctor and they were monitored? Why or Why not?

3. Further responses to / thoughts about the ADHD advertisements we viewed in class, and their connection to the rise in the diagnosis of ADHD. To what extent is ADHD over-diagnosed? In general? In the CCHS population? Why? Or under-diagnosed? Why? You can revisit these advertisements by watching this 5 minute video: <http://www.nytimes.com/2013/12/15/health/the-selling-of-attention-deficit-disorder.html?pagewanted=all&r=0#videoModal>
4. Your thoughts / response to the depression video and what you have learned about depression so far. What stood out to you in the video? How has your understanding about depression changed? To what extent is depression an epidemic? In general? In the CCHS population? Is depression under-diagnosed? Or not? Why? If depression has become an epidemic, why is this the case?
5. Go further with the idea of learned helplessness in your own life. Discuss experiences in your life where you learned that there was nothing that you could do to change a situation / escape a bad situation, and how this affected your thinking and behavior.
6. Building on #6, to what extent do you think in depressed ways? To what extent do you focus on the bad events and the mistakes you make, rather than the good events and the things that you did well? Examples? To what extent do you blame yourself when bad things happen, even when it may not be your fault, or the situation may be more complicated than this? Examples To what extent do you automatically extend negative events into the future, assuming "it will always be like this," or take a negative event in one area of your life and assume that other areas of your life will be negatively affected as well?
7. Looking at #6 and #7, to what extent have we been taught to think in depressed ways?
8. Do you agree or disagree with the idea of depressive realism? Do people who are depressed see the world through dark colored glasses, or do people who are not depressed see the world through rose colored glasses?
9. Go further with the idea of cognitive distortions. Which distortions do you use, and how and in what situations do you use them? Why do you think you have developed these distortions? Who or what experiences have taught you to use them?