

# Myths and Facts Related to Psychiatric Treatments

What everyone must know



Dr. Avinash De Sousa



# Myth 1 Fact 1

- ❑ **Myth – All psychiatric medications are sedative and patients get dependent on the same.**
- ❑ **Fact – Many patients with psychiatric medications do not face sedation and can continue their day to day life.**

## Myth 2 Fact 2

- ❑ Myth – Psychiatric disorders have no clear basis and the same is true with psychiatric treatments.
- ❑ Fact – Psychiatric disorders are caused by biological substrates that involve structures of the brain and neurotransmitters.

## Myth 3 Fact 3

- ❑ Myth – Once psychiatric treatments are started the patient shall be dependent on the same for life.
- ❑ Fact – Psychiatric treatments once started and used judiciously can be tapered off if the patient is better except in some cases.

# Myth 4 Fact 4

- ❑ Myth – Psychiatric disorders need to be treated using exorcism and faith healing.
- ❑ Fact – Psychiatric disorders are medical conditions and do not need treatments like the above.

# Myth 5 Fact 5

- ❑ Myth – Marriage is a treatment for psychiatric disorders.
- ❑ Fact – There is no evidence to suggest that marriage is a treatment for psychiatric disorders. In fact there is a need for one to be careful before deciding marriage in a psychiatric patient.

# Myth 6 Fact 6

- ❑ Myth – ECT is very dangerous and harmful.
- ❑ Fact – ECT is a time tested treatment where the procedure is scientific and well defined.

# Myth 7 Fact 7

- ❑ Myth – Psychiatrists tend to only prescribe and not speak to their patients.
- ❑ Fact – Psychiatrists in fact take a detailed history and talk a lot to the patient.



# Myth 8 Fact 8

- ❑ Myth – Psychotherapy is a baseless treatment where only talking is done.
- ❑ Fact – Psychotherapy is a treatment which is scientifically sound and based on certain basic tenets and principles.

# Myth 9 Fact 9

- ❑ Myth – Physical punishment is an effective treatment for naughty children.
- ❑ Fact – Children who are naughty may have ADHD and conduct problems.

# Myth 10 Fact 10

- ❑ **Myth – Children do not need a psychiatrist.**
- ❑ **Fact – Child psychiatry is a specific branch of psychiatry where there are well defined disorders and treatment.**

# Myth 11 Fact 11

- ❑ **Myth – Normal people do not need a psychiatrist.**
- ❑ **Fact – Psychiatrists may deal with many normal problems and normal people.**

# Myth 12 Fact 12

- ❑ Myth – Psychiatrists do not speak to the family members
- ❑ Fact – Psychoeducation and family therapy forms the cornerstone of most psychiatric treatments.

# Myth 13 Fact 13

- ❑ Myth – Psychiatrists are likely to lose their mental balance after some time and are not normal people.
- ❑ Fact – Psychiatrists are as normal as you and me.

# Myth 14 Fact 14

- ❑ Myth – Medical problems do not need psychiatric treatment.
- ❑ Fact – Many medical problems may have psychiatric problems that accompany the same and need treatment.

# Myth 15 Fact 15

- ❑ Myth – Psychiatric treatments cause heat and damage the liver and kidney.
- ❑ Fact – Psychiatric treatments are very safe and do not damage the internal organs.



# Myth 16 Fact 16

- ❑ Myth – Psychiatric drugs have a US FDA black box warning.
- ❑ Fact – Some drugs do have a warning but are safe as seen in clinical practice.

## **Patients Verses Psychiatrists**

**Q. What's the difference between the psychiatrists and the patients at the mental hospital?**

**A. The patients are the ones that eventually get better and go home!**

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avinashdes888@gmail.com