

I N T H E M O O D

Edition 18

June, 1999

ABERDEEN, QUEENS CROSS

FATS AND DEPRESSION

Leading American psychiatrist Joseph Hibbeln believes that research is on the brink of proving beyond doubt that mental health can be altered by diet, and that increased consumption of fats in the Omega 3 category can lead to improvement in depression. He recommends eating fish once a day.

Source: Herald 27.10.98

SMOKING HAVENS

Smoking will be banned in the workplace under a radical package of measures being proposed by the government. However, psychiatric hospitals will be exempt because smoking is part of the culture.

**Source: Independent on Sunday
15.11.98**

MDF ABERDEEN

The Annual General Meeting of MDF Aberdeen took place on Thursday 27th May, 1999. The following members were elected to the Committee.

Lachlan MacDonald : Group Leader
Ian Cox : Hon. Treasurer
Philip Barratt : Hon. Secretary
Jack Ferris : Committee
Aileen Mair : Members
Fiona Ingram
Betsy Caird
Stewart Lee

TAKING THERAPY HOME

A clinical psychologist has predicted that one day CD-Roms could be used as a standard form of treatment for medical problems. Dr. Jim White from Glasgow said that in future G.P.s could keep libraries of CD-Roms for patients to use on their home computers.

An experimental computer therapy program has already proved highly effective in a trial involving 26 patients with severe anxiety disorders.

Source: Press and Journal 12.04.99

BIPOLAR TWICE OVER

Fridtjof Nansen (1861 – 1930) was one of the greatest of polar explorers, attempting both North and South Poles. This Norwegian neurologist can be added to a long list of manic depressive achievers thanks to his new biography. His greatest navigational achievement was the first crossing of Greenland. Later in life he served as a diplomat. Nansen was a hero in Norway.

Source: Guardian 08.01.99

DID YOU KNOW?

Women with bipolar disorder have three times as many depressive episodes as do men with bipolar disorder. Male bipolar patients tend to have more episodes with symptoms of mania.

NURSES FACE VIOLENCE

Three out of four mental health nurses in Scotland have experienced violence in the past year, according to a recent Royal College of Nursing survey. One in ten nurses have reported a major violent incident requiring medical assistance. Fewer than half of the nurses believed staffing levels were sufficient for satisfactory care.

Source: Herald 31.03.99

FOUR WEBSITES

Mental Health Infosource
<http://www.mhsource.com>.

Moodswing
<http://www.moodswing.org>.

Pendulum
<http://www.pendulum.org>.

Internet Depression Resource List
<http://www.execpc.com/~corbeau/>.

LOBOTOMY OUTRAGE

The makers of a Swedish T.V. documentary have highlighted 4,500 forced lobotomies carried out in that country between 1944 and 1963. The operation was performed on about 500 people who were not psychiatric patients, including some children. Many of the victims plan to seek state compensation.

Source: Herald 08.04.98

SHYNESS SHIFTED

The pharmaceutical company SmithKline Beecham has revealed that its anti-depressant drug Seroxat has proved effective in fighting severe shyness.

Source: Press and Journal 09.10.98

NEW BOOKS

When Words Are Not Enough by Valerie Davis Raskin – Publisher, Robinson – Price £9.99.

The author is a Chicago psychiatrist specialising in women's psychopharmacology. The book is a guide to the treatments for anxiety and depression, helping women to choose what is right for them.

Prozac Diary by Lauren Slater – Publisher, Hamish Hamilton – Price £9.99.

This is an intelligent, introverted account of one woman's struggle with depression and obsessive urges, and her cure through taking Prozac. The author was one of the first people to take the drug.

Malignant Sadness: The Anatomy Of Depression by Lewis Wolpert – Publisher, Faber – Price £9.99.

The author writes about his own "terrible" experience of depression and goes on to give his thoughts on the illness in general. Wolpert's recovery came through anti-depressants and cognitive therapy. He values depression paradoxically because it brings out love and friendship from others. This wide-ranging book was the basis for a recent BBC television series.

SPOTTED FLYCATCHER

Catcher spots fly,
twirls from tree,
twists to target,
snap-snaffles,
turns, unruffled,
back to branch.

Mike Harley

EPILOGUE

Melancholy occurs in autumn whereas mania in summer.

Posidonius, 4th century A.D.
