

Chapter 4

Biological explanations and treatment

ADDITIONAL RESOURCES

For information about specific drugs and their mechanisms of action, sites such as Wikipedia and generic 'official' health information sites are likely to provide unbiased and 'scientific' explanations of medication. Two very useful sites are:

NHS UK: choice and medication. Webpage providing links to information about mental health conditions and medications used to treat them.

<https://www.dpt.nhs.uk/resources/medicines-in-mental-health/choice-and-medication>

Mind: what is psychiatric medication? A site for medication users or potential users, providing useful 'lay' information. <https://www.mind.org.uk/information-support/drugs-and-treatments/medication/about-medication/>

As usual, Youtube can provide a range of opinions and experiences of the use of medication. Caution needs to be taken, however, when addressing the issue of medication and other physical treatments, as there are many alarmist and inaccurate videos and video providers out there, the OccultNetwork being just one of them. A number of videos provide experiences of those who take the medication that can provide some useful insights:

Medication Me; personal impressions of psychiatric medication. An unbiased and fair appreciation of the experiences of people who have been prescribed psychotropic medication. <https://www.youtube.com/watch?v=yVmD9c7AgEo>

Medicating Normal. A film that has to be paid for (sorry), but with a linked Youtube subscribers page featuring a range of reliable information and links to clinical evidence in relation to issues surrounding treatment with benzodiazepines.

<https://www.youtube.com/c/MedicatingNormal/featured>

Try also reading...

There are many books on psychotropic medication and its neurological basis. The books below are highly rated by users and provide an interesting historical appreciation of the neurological models underpinning psychiatry and modern psychiatric drugs. The

NICE guidance is useful not only because it covers an important topic, but it introduces students to the world of clinical guidelines:

Harrington, A. (2019) *Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness*. New York: Norton.

Healy, D. (2016) *Psychiatric Drugs Explained*. Edinburgh: Churchill Livingstone.

National Institute for Clinical Excellence (2009) *Guidance on the Use of Electroconvulsive Therapy*. London: NICE.

At the risk of appearing anti-medication (which is not the intention of the chapter or book), interested readers may find Goldacre's book on the ins and outs of the pharmacological industry and Kirsch's critique of anti-depressant medication useful to review.

Kirsch, I. (2009). *The Emperor's New Drugs: Exploding the Antidepressant Myth*. Random House.

Goldacre. B. (2013) *Bad Pharma. How medicine is broken and how we can fix it*. London: Fourth Estate.