Facts and Fictions in Mental Health

Description:
Since 2006, Hal Arkowitz and Scott Lilienfeld have been debunking myths surrounding mental health and its treatment in their Facts and Fictions column for Scientific American Mind. This book compiles their articles, augmented with original content on new trending issues in mental health awareness, in a single volume for the first time. Each chapter focuses on either a myth or a set of interrelated myths concerning mental illness and its treatment, and focuses on the scientific research that helps set the record straight on the reality of these psychological problems.

Chapters cover topics that include suicide, pediatric bipolar disorder, posttraumatic stress disorder, dissociative identity disorder (multiple personality disorder), borderline personality disorder, the treatment of ADHD, and others. The authors provide introductory material throughout the book, and have added references to each column.

Facts and Fictions in Mental Health seeks to inform and educate individuals about the research base and the realities of mental health problems and those who live with them.

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