



Hello from Dr. Jenn and The Rose Center,

When we trained together, I got on a soapbox (one of many I'm sure!) about the relationship between diagnosis and the big bad pharmaceutical companies. If you recall, there is a direct correlation between drug companies manufacturing a specific drug and the subsequent rise in diagnosis of the disorder treated by that drug. For example, when Thorazine was created there was an influx of Schizophrenia diagnoses, Valium...anxiety disorders (although there were yet to be titled anxiety), when Prozac was created...Depressive disorders, Ritalin...ADD/ADHD disorders, and so on. It's fascinating part of history, and not a little bit scary to think our diagnoses can be influenced by pharmaceutical companies! I promised to send along a list of good journalists and clinicians who have written well on this topic. You will also get a rich description about how mental illness has been treated through history. In your copious amount of free time (HA!), pick up one or all of these books, and enjoy. I do not, however, recommend reading these books before bed...

Book List

- Beam, A. (2001). [Gracefully Insane: The Rise and Fall of America's Premier Mental Hospital.](#)
- Oshinsky, D. (2017). [Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital.](#)
- Porter, R. (2003). [Madness: A Brief History.](#)
- Scull, A. (2016). [Madness in Civilization: A Cultural History of Insanity, from the Bible to Freud, from the Madhouse to Modern Medicine.](#)
- Scull, A. (2007). [Madhouse: A Tragic Tale of Megalomania and Modern Medicine.](#)
- Shorter, E. (1998). [A History of Psychiatry.](#)
- Szasz, T. (2010 - 50th anniversary edition). [The Myth of Mental Illness.](#) *[This one is the old bible on the topic of how we define mental illness. Not so much about pharmaceuticals, but I am including it here as it fits in the topic nicely.]*
- Whitaker, R. (2011). [Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs and the Astonishing Rise of Mental Illness.](#)
- Whitaker, R. (2010). [Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill.](#)

If I had to read only one of these books, I would choose Shorter or Beam or Whitaker (2010). But they are all great. There are more too, if this topic interests you to keep reading. Amazon has loads, but these are my favorites. Happy reading!