

Example of manic-depressive illnesses and creativity article review

[Experience](#), [Belief](#)



This paper provides an insight on the cause of madness. It springs from disease of thought and moods of mind obtained from general intellect. Many people think that genius and insanity are intertwined. For example in the 18th and 19th century, poet William Blake wrote about the extreme mood swings he went through, which caused him to develop depression (Jamison, 1995). Most artists in the past suffered from severe mood disorders namely manic-depressive illness. As much as it is a lethal disorder, it is, however, very treatable.

In my opinion, most people with the disorder do not possess extraordinary imagination, and they do suffer from severe mood swings. However, it can also enhance or contribute to creativity, as well. I agree that the disorder can lead to increased numbers in suicide, in both men and women. I disagree with the author on the opinion that more women are prone to suicidal tendencies than men. I think that the number of men who think of committing suicide is same as of those of women. The disease manifests itself through hopelessness, sleep disorders, slowed physical movements and thinking, impaired memory and concentration among others.

According to Robert Schumann's musical works, one's productivity is at highest when less depressed and more hypomanic (Jamison, 1995). An extreme change in moods exaggerates the normal tendencies of having conflicting ideas in oneself. Most manic-depressives seek relief from the disease with the use of antidepressants and lithium, which are highly effective. However, the disease worsens over time and can lead to death. Therefore, there should be development of less problematic therapies for the disease. The text file 0 also supports the idea that women are at twice the

risk than men to suffer from mood disorders. Further, the text file 0, provides a number of ways one can be able to understand the different mood disorders. In the Jamison article, diagnoses of mood disorders are provided. The text file 0 article provides an easier and understandable approach to mood disorders. Further, according to Jamison (1995), studies done by in the 1970's indicate that most cases where individuals suffered mood disorders were likely to be exhibited in their close relatives. This idea is supported in the text file 0 article through the notion of genetics in which mood disorders run in families.

Reference

Jamison, K. (1995). Manic-depressive illness and creativity. *Scientific American*, 272(2), 62.