

# 5 Movies To Inspire People With Mental Disorder

By [Lucia Wallen](#) on October 9, 2013

## Eating disorder specialists not immune to weight bias



As Good as It Gets (1997) Jack Nicholson suffers from Obsessive Compulsive Disorder in the film. This is an anxiety disorder which leads to repetitive behavior for reducing the anxiety involved. Nicholson won the Academy Award for the Best Actor for his exceptional portrayal of a misanthropist novelist who suffers from OCD. His disorder, along with his misanthropy, creates critical complications in the movie. He also suffers from pathological mysophobia which leads him to bring disposable utensils to restaurants. American Beauty (1999) Kevin Spacey suffers from Major Depressive Disorder, also known as clinical depression, in the movie. Spacey goes through a mid-life crisis and gets infatuated with the best friend of his teenage daughter.

For the original version including any supplementary images or video, visit

<http://au.ibtimes.com/articles/512673/20131010/mental-disorder-health-rain-man-good-gets.htm>

## Internet Addiction: The New Mental Health Disorder?



And other research has found that people who are hooked on the internet have changes in how the brain's dopamine system operates. Dopamine is generally credited for allowing us to experience pleasure and reward. Some studies have found that people with internet addiction have fewer dopamine receptors in certain areas of the brain, and others have suggested additional ways in which dopamine function might be impaired. And very recent studies have suggested how certain genetic variations might be involved in internet addiction. If we accept that internet addiction or IUD is a legitimate mental health disorder, then what? How bad does it have to get before you get treatment, and for that matter, what is the treatment? There's been a smattering of horror stories about internet and gaming addiction: Parents who have let their children die while they played games hours on end, teens keeling over after day spent staring at a screen, or killing their parents after the object of desire was taken away. You might

be right to suspect that there are other things at play in these episodes, but internet or gaming addiction may also be involved. These cases represent the dark side of addiction, certainly, but internet addicts with a milder version of the disorder might argue that their dependence is actually beneficial, since it lets them be more productive professionally.

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<http://www.forbes.com/sites/alicegwalton/2012/10/02/the-new-mental-health-disorder-internet-addiction/>



Patients seeing a professional with weight bias may start to feel ashamed and stop seeking treatment, or feel depressed or anxious, which can impair treatment, Puhl said. She said people can look to a trusted friend or family member for support and seek out a therapist who doesn't make them uncomfortable. "Patients should avoid seeking

treatment from therapists who may hold prejudice against people with obesity," Angelina Sutin, who studies psychological well-being at Florida State University College of Medicine in Tallahassee, said. "Fortunately, many therapists are competent professionals that can provide quality care," Sutin, who wasn't involved in the new research, told Reuters Health. "If possible, talk to any friends, acquaintances, or any other contacts about the proposed provider," she said. "A good recommendation can go a long way." Sabin said that for patients, being honest and "letting a provider know when they are feeling negative attitudes from the provider" can also be helpful. For professionals, the researchers agreed just being aware of these biases is the most important step. Some suggested institutions could offer sensitivity or empathy training programs as continuing education for health professionals.

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<http://www.foxnews.com/health/2013/10/03/eating-disorder-specialists-not-immune-to-weight-bias/>