



Fact Sheet 1

Psychiatry's Diagnostic System: A Manual for Selling Drugs

For a medical disease to exist, there must be a physical abnormality that can be determined through tests such as, but not limited to, blood or urine, X-ray, brain scan or biopsy. No such tests or scientific evidence exist to confirm that mental disorders are the result of a chemical imbalance or physical abnormality.

Mainstream medicine treats real diseases. Psychiatry treats to control “disorders.”

Disorders are names given to undesirable feelings and behavior for which no exact physical causes have been isolated. These mental disorders are frequently referred to as “illnesses” or “diseases,” but they are not the same and this is precisely what sets psychiatry apart from the usual practice of medicine.

Moreover, psychiatric disorders are arrived at through consensus, not through a systematic scientific study of symptoms and their causes and these disorders are designed largely for billing purposes.

The Diagnostic and Statistical Manual of Mental Disorders (DSM) and the mental disorders section of *The International Classification of Diseases (ICD)* are based on psychiatric opinion, not science. Here are some candid admissions by members of the psychiatric community concerning the DSM.

- Regarding schizophrenia, the *DSM-II* admitted, “Even if it had tried, the Committee could not establish agreement about what this disorder is; it could only agree on what to call it.”
- The late Dr. Sydney Walker III, a neurologist and psychiatrist, wrote that the pharmaceutical industry’s influence “has focused on expanding the number of ‘psychiatric disorders’ recognized by the APA [American Psychiatric Association], and the number of drug treatments recommended for these disorders. After all, every DSM ‘diagnosis’ is a potential gold mine for pharmaceutical firms.”¹

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- John Read, senior lecturer in psychology at Auckland University, New Zealand, wrote, “Making lists of behaviors, applying medical-sounding labels to people who engage in them, then using the presence of those behaviors to prove they have the illness in question is scientifically meaningless. It tells us nothing about causes or solutions.”²
 - Psychiatrist and whistleblower Stefan Kruszewski from the Pennsylvania Medical Society candidly stated, “We can manufacture enough diagnostic labels of normal variability of mood and thought that we can continually supply medication to you. . . . But when it comes to manufacturing disease, nobody does it like psychiatry.”³
 - Professors Herb Kutchins and Stuart A. Kirk, authors of *Making Us Crazy* warn, “The public at large may gain false comfort from a diagnostic psychiatric manual that encourages belief in the illusion that the harshness, brutality, and pain in their lives and in their communities can be explained by a psychiatric label and eradicated by a pill. Certainly, there are plenty of problems that we all have and a myriad of peculiar ways that we struggle. . . to cope with them. But could life be any different? Far too often, the psychiatric bible has been making us crazy—when we are just human.”⁴
 - Psychiatrist Al Parides adds, “What [psychiatrists] have done is medicalize many problems that don’t have demonstrable, biological causes.”⁵
 - Elliot S. Valenstein, Ph.D., author of *Blaming the Brain*, says, “There are no tests available for assessing the chemical status of a living person’s brain.”⁶

1. Sydney Walker III, MD, *A Dose of Sanity*, (John Wiley & Sons, Inc, New York, 1996), p. 230.

2. John Read, “Feeling sad? It doesn’t mean you’re sick,” *New Zealand Herald*, 23 June 2004.

3. Jeanne Lenzer, “Bush’s Plan to Screen for Mental Health Meets Opposition in Illinois,” *British Medical Journal*, Vol. 329, 6 Nov. 2004, p. 1065.

4. Herb Kutchins and Stuart A. Kirk, *Making Us Crazy: The Psychiatric Bible and the Creation of Mental Disorders*, (The Free Press, New York, 1997).

5. Bruce Wiseman, *Psychiatry: The Ultimate Betrayal* (Freedom Publishing, LA, 1995), p. 357.

6. Elliot S. Valenstein, Ph.D., *Blaming the Brain*, (The Free Press, New York, 1998), p. 4.