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# Article review

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# Article review

An article "Schizotypy and mental health amongst poets, visual artists, and mathematicians" by Daniel Nettle present experiment that was conducted with a help of adults to explain the relationship of genius and talented people with possibility of emergence of mental disorders. The idea of the article is showed by complex behavior participants of research, which presented by numbers of acts, tables and percentage equivalents.

Fundamentally, in psychiatry there are two levels of pathological changes. The first level or group is psychotic states. This is a large group of diseases that have no psychological origin and associated with a number of genetic, metabolic, and other disorders. Among the major diseases in this group are distinguished schizophrenia, manic-depressive psychosis, epilepsy and senile psychoses. Diseases can occur continuously or paroxysmal, weak or bright, hard or moderately hard. Typical symptoms of psychosis: delusions, hallucinations, behavioral problems (mostly schizophrenia) disorders emotional sphere in the form of mania or depression (in manic-depressive illness), etc. Another group of pathological disease includes a variety of neurotic, neurosis-like disorders. The distinguishing feature of these diseases is the relationship of their occurrence with stress, stressful circumstances, defects, education, and social conditions. In contrast to psychosis, in the case of non-psychotic disorders, constitute the so-called "lesser" psychiatry, patients are critical of his mental state, trying to deal with their illness befell. Mental disease is largely different from somatic (bodily) diseases and their relation to the spiritual sphere is obvious. Let better dwell on this position. One of the features of mental illness is like a lack of visible damaging

factor. How significant or no anatomical changes in the brain in schizophrenia and manic-depressive psychosis. Neuroses also manifest themselves visible defects in the central nervous system. Epileptic psychosis and senile pathological changes in the brain rather precede clinical disorders than they generate.

The idea that talented person is a mad person, expressed by Plato, who considered it "nonsense, gifts from the gods". By observing the behavior of the prophets, falling into a trance, or as poets, not noticing anything around him, muttering something unintelligible, writing poetry, the ancient Greeks spoke of "divine disease" that the gods send prophets and poets. By observing the behavior of the prophets, falling into a trance, or as poets, not noticing anything around him, muttering something unintelligible, writing poetry, the ancient Greeks spoke of "divine disease" that the gods send prophets and poets.

Among the mental disorders that activate creativity, a special place takes manic depression. All conditions like increased efficiency in this period, a kind of "wildness" and at the same time sad event rejection, lack of appropriate responses give to the potentially gifted person good impact on creation. As a result of expanding and accelerating is productive efficiency. You can find a number of works of literature and art, created by the authors, who were in a manic depression.

The creative possibilities of a man and manifestations of mental illness have not frozen and unchanging nature. They are always in the dynamics. And if some mental disorder at a certain stage facilitates individual creativity, in the course of the disease it fades. So with conviction can be argued that psychosis constrain erode the creativity of person. An experiment of adults shows that people who in the school got high marks in the latter a couple of times probably could suffer from

such disorder like bipolar disorder than the average pupils. This relationship is stronger for those who were interested in music and literature; it is the representatives of these two disciplines talent and madness often inextricably linked, as there is plenty of evidence in historical documents.

The study was conducted by researchers from the different Institutes of Psychiatry. A manic depression affects about one percent of the world's population and are characterized by mood swings from elation (mania) to depression.

In the XIX century, the famous writer Edgar Allan Poe, who is believed to have disorder called manic depression, said: "Men have called me mad, but the question is not yet settled whether madness is or is not the loftiest intelligence,".

In recent years scientists from the field of psychiatry have a thought that genius and madness have some kind of connection, because both can be attributed to degenerative neurological disorders. The problem is that the genius and serious mental disorders are unusual, and high capacity of mind, as well as achievements, defined very subjective. So there are some doubts which is connected with conducted study, described by Daniel Nettle because of not widely investigated the problem. According to Sigmund Freud, the talent is an innate ability to sublimate their underlying sexual complexes; such sublimation entails sometimes neurotic or psychotic complications.

Barry's, Farmer's study found the following:

In its essence it introverted artist, who is close to the neurosis. It crammed super strong desire, he would like to receive honors, power, wealth, fame

and the love of women, but it does not have the means to achieve their satisfaction. So, like any unsatisfied man, he turns away from reality and transfers all his interest and his libido to the desired manner of his imagination, where he could have opened the way to a neurosis.

Among modern American researchers should be mentioned the book written by J. L. Carlson, who conducted the statistical study, concluded that the risk of mental illness geniuses much higher, therefore, there is a link between creativity and psychotic disorders. The predisposition to myopia, schizophrenia and alcoholism is the price paid by humanity for high talent individuals, without there is no progress.

All these arguments about the genius and insanity bring us to the eternal question: what is normal, and what is pathology? Genius in any case cannot be considered the norm; it does not fit the generally accepted "normal" standards. Meanwhile, one of the sources in psychiatry believes that is usually perceived as a mental illness and it is a normal condition, a deep spiritual crisis experienced differently for each person. If one will follow this point of view, it can be assumed that the geniuses are those individuals who have passed a certain pivotal line, the critical point of the development of individuality. Geniuses have a right to their own shortcomings; even the defects of great people must be great.

Everything mentioned above, has enough clear evidence: the combination and coexistence talented genius and mental illness is possible. However, the story of the life of outstanding scientists and artists who suffered from mental illness demonstrates that not painful disorders generate talent and creativity; on the contrary, they prevent their development and gradually destroy them.

Artistically creative groups which were formed in the experiment showed a little bit chaotic thoughts and reactions that mean that they are prone to some kind of psychopathology. Indeed their percentage equivalents are higher than patients with a diagnosis of schizophrenia have. On the other side they do not have a loss of will that can be possible according to mental illnesses.

This problem of contacts between Schizotypy and mental health and gifted people is not enough studied. There are different arguments and thoughts about profit of such disorders and how they impact on people. Mental disorders occur in millions of people. But mad geniuses always have unhealthy interest for people. Modern psychiatry, unfortunately, cannot cure such mental disorders completely, it must be admitted. Drugs, even the most modern, only mute the symptoms, and have to slow the progress of the disease. But medicine does not stand still, and perhaps in the distant future doctors will be able not only to suspend, but completely cure this complex emotional suffering.

The group of mathematicians present opposite side of the study, they have quite low prerequisites of all aspects of Schizotypy. It was also proved by a number of different scientists who considered that non-humanitarian people are not disposed to the mental disorders. But they are closer to the autistic illnesses what afflict general situation. The group which was the closer to the dangerous line is "serious". Almost in all activities they had the highest indicator. Contribution made by Daniel Nettle has a great value on considered problem. Not all methods, used in the work with adults are proper but it gave its results. When a person with a well health is functioning normally and somehow person faced with a moderate degree of pressure and strain, its physiological systems act as usual. But when the voltage increases and becomes stable, work of physiological systems begin to deteriorate and weaken; eventually they begin to malfunction.

Indeed, on the beginning of new millennium there is an active process of rethinking of global priorities and values of the mental health of humanity. The fact that until recently times was considered unquestionable and unshakable now is not self-evident. Everyone like showed conducted study can get into the risk zone. It is not possible to give clear answers to these questions in the view of the fact that many of the manifestations of the unconscious psyche of gifted people are almost impossible to explain, but the link between mental states strange hallucinations and fantasies, near psychopathic depressions and the creative process, of course, exist what was proved by conducted study.