

## Assignment 4

1. I watched “A Beautiful Mind”, and the psychological disorder illustrated was schizophrenia. The actor did portray the disorder very well and was extremely believable.
2. There are lots of symptoms for schizophrenia, as listed below:
  - Delusions
  - Confused thoughts and speech
  - Trouble concentrating
  - Different movements considered to one’s norm behaviour.
  - Depression
  - Feeling emotionless
  - Withdrawal
  - Struggling with the basics of daily life
  - Not following up on what they started, whether it’d be action, speech or thought
  - Thinking problems

The primary disorder portrayed in this movie was delusions. It is difficult to judge whether it was an accurate portrayal since delusions are a construct of the mind, but the acting following the realisation of having delusions – the aftermath – seemed very realistic of having to deal with one having schizophrenia.

3. The general diagnosis and treatment of schizophrenia are observation, medication and therapy. Other factors aside from delusions were paranoia, feeling emotionless – he lost his sense of purpose when John realised he had delusions and that they weren’t real – and withdrawal.
4. The general diagnosis and treatment of schizophrenia are observation, medication and therapy. The film didn’t really touch on any of them – I was confused on how Dr Rosen the psychiatrist became aware that John Nash had schizophrenia since there was no mention beforehand that another one had observed his erratic behaviours until much later in the film extremely briefly. For medication, Alicia was instructed to give insulin to John for 10 weeks, 5 times a week and the only major plot was that John stopped taking the pills which led him to have delusions again; and for therapy, John battled with his own mind which led to the final conclusion of ignoring his delusions and checking with other people if new people were there or not.  
This treatment seems typical to ones who have schizophrenia, but not portrayed in the movie, with more emphasis on therapy and consumption of medication.
5. John experienced a loss of sense of purpose because he thought he was saving the world by code-breaking, but after realising it was all a delusion, it was hard to face reality because all he had been doing was for nothing and was a construct of his mind. This thus led to withdrawal and emotionless which reflected back onto and frustrated Alicia. I think this was an extremely accurate portrayal and if Alicia wasn’t as strong and patient as she was, the film would have taken a really dark turn.

6. It would be extremely difficult at first. If I hadn't already built up a strong core group of friends in which I trust in them everything and can talk to them about anything, it would be extremely difficult to survive. The mind is how we view and trust the world and we accept reality as it is because the majority of "normal" people answer the same way, no matter if they are strangers or not. Universally, we are taught a colour is equal to this specific name and wherever we go in modern civilisation, the only thing that changes about it is the language. If that colour was just a product of a delusion and everybody now says it wasn't real, then what is reality? Reality is a construct of the mind, and if we can't trust reality, trust our mind, then who can we trust if we can't trust ourselves.
7. I really enjoyed this movie, I realised that I have watched similar movies like this without realising it – Shutter Island and Mr. Robot – and each time, made me question myself in a never-ending loop of what is real and what is not. This movie – with knowing that it was about schizophrenia beforehand – made it extremely clear to me of what the illness is and the struggles patients and their loved ones have to face. The one thing that made me sad during the movie, was even though it was set in the 1960's and medical knowledge wasn't as vast as it is today, was how university students mocked John's movement. They openly thought he was crazy and mocked him for it; and it must be a horrible feeling knowing that you are crazy due to this disorder but cannot do anything about it. It also led me to think about how immature is it to mock a person when you don't know about their circumstance.