

# SOCI 1080

# Deviant Behavior

**Mental Disorder**



# Introduction

- ▶ About 50% of American adults suffer from a mental disorder during their lifetime
- ▶ Depression is "the common cold of mental illness"
- ▶ Stigma makes getting help difficult for many people

# Popular Beliefs

## ▶ Myths:

- mentally ill individuals are extremely weird
- mental illness is hopeless
- there is a sharp, clear distinction between "mentally ill" and "mentally healthy"
- mentally ill individuals are crazed, violent people
- people get more depressed in the winter