



**University Learning in Schools**

# **Psychology**

**Myth-busting the Brain: Nature  
or Nurture Teacher Notes**

## **Lesson 4**



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## Nature/Nurture Teacher Notes

### Nature

**Myth:** Chemical imbalance

Medication has many side effects – sweating, fevers, vomiting etc. These can often be as unpleasant as the mental illness itself. People may choose to stop taking medication because of these side effects. Also, people may find it difficult to remember to take their medication because of their mental disorder.

Mental illness is not the result of chemicals alone. The idea of mental illness as a result of chemical imbalance has been especially publicised in USA by pharmaceutical companies, trying to sell their medication.

### Nurture

**Myth:** Medication can help mental health issues with no side effects.

- side effects are very common (e.g. sickness, fever, etc .)

**Myth:** 1 in 100 people experience mental health problems.

- 1 in 4 people will experience a mental health problem in their lifetime.

**Myth:** Young people do not typically experience mental health problems.

- 1 in 10 young people is experiencing mental health problems at any one time. On average, that's about 3 young people in every school classroom.