

## **Annotated Bibliography**

### **Schuler, Kaitlin. "Psychological Knowledge." Survey. 6 April 2013.**

I created a survey using Qualtrics, a website that the university uses often for surveys in psychology classes or other assorted surveys. I wanted to gather information about how well people understand schizophrenia and to see what stigmas there may or may not be. I ended up learning that more people understand the difference between schizophrenia and dissociative identity disorder (multiple personality disorder) than I thought, but a fair amount still did not understand the difference. Some also believe that schizophrenia can be cured, and very few (2/68) knew that 50-51 million people suffer from schizophrenia worldwide at any one point in time. I created the survey to help make the point that knowledge about schizophrenia lags far behind the knowledge of other serious psychological disorders and validate my reasoning for creating this video.

### **"Schizophrenia Facts and Statistics." Schizophrenia.com: A Non-profit Source of Information, Support and Education. (2010). Web. 6 Apr. 2013. <<http://www.schizophrenia.com/szfacts.htm>>.**

I used this site to gain the information for the snippets of text I am placing in my video. Since I want the video to raise awareness for the disorder, I want the facts to be shocking and help the viewers realize the serious nature of the topic. This site gave me the most information that I felt like I could use, and was also helpful to me in giving me more knowledge about the topic. I knew the disease was more prominent than the media portrays it, but I never knew that over 50 million people suffer from it worldwide at any one time. That statistic shocked me, and affirmed my idea to help educate the general population more on the disease. Another myth the site busted was that schizophrenics are generally not dangerous to those around them; they are more often a danger to themselves. I thought this was important to note because my story portrays an extreme case of a woman with schizophrenia that has gone untreated for too long. I want to make it known that this is only the exception, not the rule.

### **Johnston, Dean. "Schizophrenia Knows No Boundaries or Borders." Schizophrenia Diaries. Web. 9 Mar. 2013.**

I read through this extremely long blog post but was enraptured the entire

time. This was not the first post on the Schizophrenia Diaries that I had read, and I noticed that regardless of how old any of these people were, there was some kind of disconnect in their journaling. Some were more intelligent or older than others, which I could tell by their vocabulary or sentence structure but they all seemed to jump all over the place in their posts. They were most likely fighting with their schizophrenia when they composed the post, so this is not surprising. This specific post spoke to me because he spoke about his delusions as if they were real, even though he knows now that they won't. The way he talked so calmly and matter-of-factly about it made me feel, in a way, how real it was to him. It also gave me ideas on how I can highlight my character's auditory hallucinations and delusions. I don't want to use a stereotypical delusion, like the government is after my character, and this gave me more ideas.

**United States. National Institute of Mental Health. Schizophrenia. Bethesda: 2012. Web.**  
<<http://www.nimh.nih.gov/health/publications/schizophrenia/index.shtml>>.

This site helped me get down the basic medical ideas of schizophrenia, and it was really well-organized. It helped me decide what kind of symptoms my character Darah would display, such as "delusions of persecution," as well as giving me an idea of how to write a journal like a schizophrenic would. In addition to reading the diaries on the previous link, this described the jumbled thoughts that schizophrenics sometimes have, and that's how I am approaching writing these journals. I figure the way my character speaks will change throughout her treatment, as she tries different therapies and medicines, but this gave me a basis. It also helped me decide what age to make my character. I decided on 24 because I wanted her to be out of college but still not much past her early 20s. Bobby is her husband who died in the war but she believes his death was faked by the government so they could use him and the other members of his unit to test controversial cancer vaccines. She had some schizophrenic symptoms before, but her husband helped her manage them.

**Baker, Kathi. "Media's contribution to stigma." *Emory Health Now*. Wordpress, 29 Feb 2012. Web. Web. 30 Mar. 2013.**  
<<http://www.emoryhealthsciblog.com/?p=5363>>.

I used this site mainly to make sure I had an argument for remediating my project into a public service announcement to raise awareness for schizophrenia. The article addresses the improper use of the term "schizophrenic" in multiple media sources, including newspaper and magazine articles. It says that this term has been more prominently used in the last decade, and has been used as an umbrella term for symptoms that seem illogical or dangerous. This makes my point that schizophrenia is rarely correctly understood by the general public and as a result,

those suffering from the disease do not get the research or attention their illness requires.

**Illumistream. "The Truth About Schizophrenia (Mental Health Guru)." Online video clip. *YouTube*. YouTube, 19 Nov. 2010. Web. 2 April 2013. <<http://www.youtube.com/watch?v=NYZauBSRuWQ>>.**

I only used a short clip from this video, but not because the rest of the footage wasn't useful. iMovie didn't work well with whatever this video was originally saved with. Whenever I attempted to add clips, they had the edges and tops cut off and were extremely zoomed in. I didn't figure out until the end of the project how to fix it, and by that point I liked what I had put together. This video gave me the most medical information about the disorder. It made it understandable for almost anyone to watch, and was well put together. I wish I would have figured it out earlier that I could fix the zoom on the video, but I still feel as if the clips I chose to use served my purpose well. The woman comparing schizophrenia to leprosy was what I chose in the end, and I added my own picture over the video because I still couldn't figure out how to make video adjustments.

**Murphy, Luke. "Types of Schizophrenia – A day in the life of (Scary)." Online video clip. *YouTube*. YouTube, 21 July 2011. Web. 2 April 2013. <<http://www.youtube.com/watch?v=LWYwckFrksg>>.**

This was one of the most interesting videos I found, but also one of the hardest to watch repeatedly. It simulates the thoughts of someone with schizophrenia, and has people actually acting as the voices. The part I utilized in my video was when the person first wakes up and the voices are putting him down and calling him stupid and worthless. The video puts the viewer in the position so they feel like they are the person and I felt that this was extremely powerful. It even started to get to me by the end of the video and I did not feel good about myself by the end. I could never imagine going through that 24/7. I wanted to put more pieces in but I also figured that even a few seconds of that could get my point across.

**TheMentallight. "Schizophrenia ABC 20-20 Documentary Part 1." Online video clip. *YouTube*. YouTube, 11 May 2010. Web. 2 April 2013. <[http://www.youtube.com/watch?v=74vTftboC\\_A](http://www.youtube.com/watch?v=74vTftboC_A)>.**

I only used one section of this video, but I felt that it was moving and got the point across that schizophrenia is a constant attack on a person's mind. The doctor that is quoted says that a schizophrenic patient wrote to him and compared schizophrenia to a constant state of mental rape. As our culture is currently trying to combat the rape culture that exists to an extent in our country, I felt that this would reach many of my viewers, especially women

or, god forbid, rape victims. It compared a somewhat intangible idea to something that is very tangible and affects the lives of many.

**LoganiumXY. "Born Schizophrenic – Jani's Next Chapter [3/5]." Online video clip. *YouTube*. YouTube, 23 July 2012. Web. 2 April 2013.**  
**<<http://www.youtube.com/watch?v=xg9TAUqaf0Y>>.**

I actually used the above video less than I anticipated in the final draft of my video. They mainly featured Jani Schofield, a young girl with childhood schizophrenia, and her family. The clip I used, however, is of her friend Brianna, who is a six year old with paranoid schizophrenia. Her mother is speaking about when they typically diagnose schizophrenia in children, if it is believed to be present. I wanted to make sure I featured a clip with a child suffering from schizophrenia to play to the pathos of my viewers and show them that children also suffer from this terrible disorder. There were four other videos that covered the TLC special on Jani's life and struggle with schizophrenia, and it is where I got most of my inspiration for my character in my Project II, actually. I used a lot of Jani's schizophrenic traits in Jen's character because I wanted it to be known that Jen wasn't typically a violent or dangerous person, and I achieved this by giving her the traits of a child schizophrenic. I wanted to incorporate more of this video, but childhood schizophrenia is rare and so I felt that it wasn't completely relevant to my video.

**Videoberries. "Four Patients with Schizophrenia." Online video clip. *YouTube*. YouTube, 11 Jan. 2011. Web. 2 April 2013.**  
**<<http://www.youtube.com/watch?v=bWaFqw8XnpA>>.**

I used two people featured in this video in my own production. The man towards the beginning of my video who speaks about his suicidal thoughts was relevant because I wanted to make the point that schizophrenics are more of a danger to themselves than anyone else and I felt that his section was filled with his true emotions and that he told it like it happened. He exhibited both the suicidal tendencies and the racing thoughts well, and those are main symptoms of schizophrenia. The other clip I chose also had to do with proving their suicidal tendencies. The woman also showed her true emotions and how it is hard to deal with the lack of control over her own mind. It was powerful for me to see patients speak about their real experiences and I figured it would be powerful for others as well.

**Caden311. "Living with Schizophrenia." Online video clip. *YouTube*. YouTube, 28 Feb. 2012. Web. 4 April 2013.**  
**<<http://www.youtube.com/watch?v=oBhteRTabes>>.**

From this video I took two different clips of the same woman, Abigail. In the first, she explains that people think their minds have to be perfect because it

is where they live and exist, but that it isn't true; it's okay to suffer from problems with your mind. In the second she says that some people suffer from diseases like diabetes and cancer, and her disease is a mental disease but no less important. This helped me make my point that we need to make sure more research money is put towards finding a cure for schizophrenia as well as for other more well known diseases. I thought she was relatable to an audience and stated the obvious that people don't always think about.

**Maketreks. "Homeless Man Interview With A Homeless Schizophrenic Man." Online video clip. *YouTube*. YouTube, 22 July 2011. Web. 3 April 2013. <<http://www.youtube.com/watch?v=ZtLZWYOS8YA>>.**

I used a decent amount of this video because Jason, the man, really moved me. He speaks about his difficulties growing up because of the voices and how he ended up homeless as a child and has been homeless on and off since then. Schizophrenics make up 1/3 of the American homeless population, something that I hadn't realized before this video. He also speaks about how he thinks that once people get put through "the system" (the mental institutions) that's what causes them to become homeless. It's a cycle: they need medication, so they get money to buy the medication; then they have no more money, so they go back to the streets until they can get enough money for their next dose of medication. The way the video was shot added to the seriousness of my piece as well.

**Bromole. "Schizophrenia Myths." Online video clip. *YouTube*. YouTube, 18 Apr. 2010. Web. 10 April 2013. <<http://www.youtube.com/watch?v=CNxRAfZXobY>>.**

This was a video created by another student for a course, and it sought to address the symptoms and myths of schizophrenia. I thought the creators did a very good job of addressing all the major facts, but it was too long for my liking. I sought to do the same thing in less detail, and send my viewers in their direction if they wanted more information. I used this because the creators spoke about how people with schizophrenia can lead successful lives, but there is no true cure and they struggle daily with their disorder. This was one of my main points, that there is no cure and we need to help push for the research to discover one, so I felt that this was an appropriate clip to add.

**TheBrookfieldPsychos. "Schizophrenia Case Study - Leslie." Online video clip. *YouTube*. YouTube, 12 June 2011. Web. 9 April 2013. <[http://www.youtube.com/watch?v=YT\\_7240LmsE](http://www.youtube.com/watch?v=YT_7240LmsE)>.**

The case study on Leslie really moved me, because he lost his ability to walk after he succumbed to the pressures of his voices. This helps support that people with schizophrenia are much more dangerous to themselves than

others. He is the first clip I used because he talks about how it takes a lot of strength and suffering to get any kind of handle over the voices, and even then it doesn't always work. I wanted to use him first because he talks about the voices and that is a main part of schizophrenia: the vocal delusions. It felt to me like a good introduction to the piece.

**Wenzel, Kara. "Program aims to limit panhandling." Michigan Daily [Ann Arbor] 25 Oct 2001. Web. 14 Apr. 2013.**  
<<http://www.michigandaily.com/content/program-aims-limit-panhandling>>.

**Sullivan, R. "Schizophrenia: Causes, Symptoms, Treatment." GA Daily News 18 Jan 2011. Web. 14 Apr. 2013.**  
<<http://www.gadailynews.com/health/emotional/60537-schizophrenia-causes-symptoms-treatment.html>>.

**Stubbeman, William. "Understanding Schizophrenia." Dr. Stubbeman: TMS Psychiatry. Disrupt Interactive, 2012. Web. 14 Apr. 2013.**  
<<http://www.drstubbeman.com/psychosis-treatment>>.

**Enya. "A Day Without Rain." *A Day Without Rain*. Geffen, 2000. CD.**

I chose this song mainly because I knew I had it in my iTunes and felt that it fit well with the seriousness of my topic. I have listened to Enya often ever since I danced to one of her songs in a ballet class years ago. Her music is soothing to me and she was the first artist I thought of when I began looking for music. I just chanced it and uploaded the song into my video, and it fit perfectly. The volume increased and decreased in all the right places, without me having to make many adjustments. Having to loop the song twice gave me some problems, but overall this song worked extremely well and helped me set the mood for the video perfectly.