

Psychotropics – The Serotonin Hypothesis is Dead Once and For All



Jeffrey E. Hansen, Ph.D.
Center for Connected Living, LLC

“I swear by Apollo the physician, and Aesculapius the surgeon, likewise Hygeia and Panacea, and call all the gods and goddesses to witness, that I will observe and keep this underwritten oath, to the utmost of my power and judgment. I will reverence my master who taught me the art.”

— Hippocratic Oath

“The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government.”

Several of the following slides are from medical journalist's excellent lecture on how the public came to believe that low levels of serotonin are the cause of depression.

Click below for the full lecture:

https://www.youtube.com/watch?v=XAX67qhaMpk&ab_channel=TheRealTruthAboutHealth



The misleading, if not the outright mistruth, of the pharmaceutical industry and/or the APA as noted by Robert Whitaker

How The Public Came to Believe in the Low Serotonin Theory of Depression

1980: DSM III is published. The APA adopts a disease model for categorizing mental disorders.

1981: "Researchers believe clinical depression is caused by a chemical imbalance in the brain." University of Chicago psychiatrist Herbert Meltzer, in interview with Associated Press.

1984. "There are many hints that mental illness is due to chemical imbalances in the brain and that treatment involves correcting these chemical imbalances." Nancy Andreasen, in her book, *The Broken Brain*.

1987. The FDA approves Prozac for marketing. Eli Lilly markets Prozac as a selective serotonin reuptake inhibitor (SSRI).

1988. Antidepressants "restore the chemical imbalance scientists have linked to many depressions." John Talbott, former president of the American Psychiatric Association (APA), in interview with the *St. Petersburg Times*.



The misleading, if not the outright mistruth, of the pharmaceutical industry and/or the APA as noted by Robert Whitaker – cont.

2001: “We now know that mental illnesses--such as depression or schizophrenia--are not ‘moral weaknesses’ or ‘imagined’ but real diseases caused by abnormalities of brain structure and imbalances of chemicals in the brain.” -- APA President Richard Harding, in article in *Family Circle* magazine.

2001: Antidepressants “restore brain chemistry to normal.” Future APA President Nada Stotland, in *Family Circle* magazine.

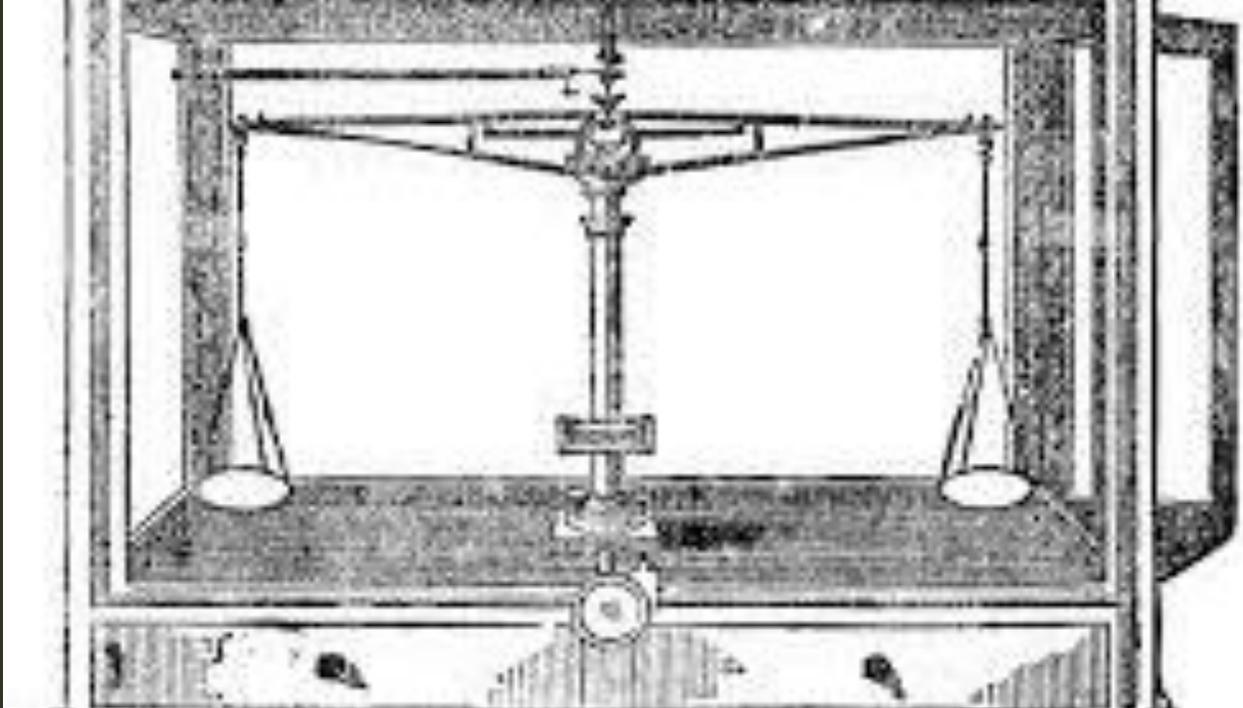
2005: The APA reports that “75% of consumers believe that mental illnesses are usually caused by a chemical imbalance in the brain.” -- APA press release.

2005: A psychiatrist is a “specialist specifically trained to diagnose and treat chemical imbalances.”--APA press release.

2005: “Antidepressants may be prescribed to correct imbalances in the levels of chemicals in the brain.” APA’s “Let’s Talk Facts About Depression” brochure.



The misleading, if not the outright mistruth, of the pharmaceutical industry and/or the APA as noted by Robert Whitaker – cont.



2014

Websites:

“Antidepressant medications work to restore proper chemical balance in the brain.” -- Balanced Mind Parent Network

“Depression is caused by a chemical imbalance in the brain.” - Depression and Bipolar Support Alliance.

“Research has shown that imbalance in neurotransmitters like serotonin, dopamine and norepinephrine can be corrected with antidepressants.” --National Alliance on Mental Illness.

But the truth was that, even back in 2010, that no studies had proven that low levels of serotonin were in any way correlated with depression, yet the myth was at worst intentionally perpetuated, or at best naively perpetuated

“After more than a decade of PET studies, monamine depletion studies, and genetic association analyses examining polymorphisms in monoaminergic genes, there is little evidence to implicate true deficits in serotonergic, noradrenergic, or dopaminergic neurotransmission in the pathophysiology of depression. This is not surprising, as there is no a priori reason that the mechanism of action of a treatment is the opposite of disease pathophysiology.”

Eric Nestler, “Linking Molecules to Mood,” 2010.

Just in July 2022 UK widely respected psychiatrist and researcher **Dr. Joanna Moncrieff** and her associates conducted a definitive metanalytic study and found no connection between low levels of depression and depression.

Systematic Review | [Open Access](#) | [Published: 20 July 2022](#)

The serotonin theory of depression: a systematic umbrella review of the evidence

[Joanna Moncrieff](#) , [Ruth E. Cooper](#), [Tom Stockmann](#), [Simone Amendola](#), [Michael P. Hengartner](#) & [Mark A. Horowitz](#)

[Molecular Psychiatry](#) (2022) | [Cite this article](#)

468k Accesses | 1 Citations | 6712 Altmetric | [Metrics](#)





DEAD MYTH

In Dr Moncrieff and associates' words: This review suggests that the huge research effort based on the serotonin hypothesis has not produced convincing evidence of a biochemical basis to depression.

This is consistent with research on many other biological markers. We suggest it is time to acknowledge that the **serotonin theory of depression is not empirically substantiated.**"

Please click below for Dr. Moncrieff's and associates' full article published in *Molecular Psychiatry*:
<https://www.nature.com/articles/s41380-022-01661-0>