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Biopsychosocial Assessment of A *Beautiful Mind Film*

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A Beautiful Mind is a film directed by Ron Howard with the main character as John Nash, one of the world's greatest mathematicians. John Nash suffers from schizophrenia, a disease defined to consist of multiple personality disorder whereby individual changes from reality and have disorganized thinking, disturbing actions, and inappropriate emotions (Myers, 2007). The results of schizophrenia, such as delusions, distorted thinking, and hallucinations, affect a person's daily functioning and can be disabling. Delusions are beliefs that are not happening in reality; in our case, we see Nash believing that the government has hacked his arm. Hallucinations involve hearing and seeing non-existing things; despite having this experience, people with schizophrenia have a full impact on everyday life's experience. The most common type of hallucination hears voices that do not exist. They may listen to voices telling them to hurt themselves or hide for them not to be arrested, and we see Nash cutting his arm, thinking it has been hacked. Another effect of schizophrenia is disorganized thinking which is inferred from disorganized speech. A person who has schizophrenia may answer entirely unrelated questions which involve using meaningless words. According to Myers, this condition is a mental disorder that results in one being lost in their world, and in most cases, a person suffering from this disease shows signs of persecution. The first signs that were discovered in John Nash were delusions and extreme hallucinations. After being diagnosed, the results showed paranoid schizophrenia.

John Nash begins his work at Princeton University just after he has freshly graduated from mathematics, and he is very brilliant in the math field. John Nash is arrogant, incompetent, and rude, where he spends most of his time discovering formulas that he could use to change learners' lives. However, there is an irony in this scenario that life doesn't work the way we anticipate, but rather it works out against what people expect. At this point, what Nash is left with is to allow life to take its due course. In the midway of the movie, Nash

starts having illusions, and it is at this point he is discovered to be suffering from schizophrenia.

Past social disadvantage leads to mental illness that calls for alarm in those around the person that begins to exhibit the symptoms. It means mental illness is invading society in various forms. Social exclusion is one of the emerging factors, especially regarding its cultural and social impacts. People suffering from the long-term disease have been subjected to social exclusion. The mentally ill in society receives mixed reactions across different backgrounds (Nguyen, 2003). In most developing countries, the mentally ill are mistreated and ashamed by the community. Regarding culture, most beliefs and traditional background believe that the causes of mental illness are moral transgression and why they evoke fear and shame in the mentally ill.

Schizophrenia patients can show either positive or negative symptoms. Some of the positive signs include amusement, messed-up speech, abnormal tears, and delusions. Negative signs include unresponsive faces and toneless voices. In most cases, the behaviour is controlled by positive symptoms, while negative symptoms governed inappropriate actions (Myers, 2007). Schizophrenia can be treated in various ways such as therapies, rehabilitation and IOP intensive Outpatient Program, similar to daycares and treat schizophrenia patients. Schizophrenia therapy consists of nine rehabilitation approaches, use of drugs, individual physiotherapy, family education, social support, psychosocial treatment, and antipsychotic prescription. Psychiatric nursing consists of rehabilitation, where patients with the same condition are taken to a rehab centre for treatment and education. Rehabilitation does not use drug injection within one's body system. In the rehabilitation centre, schizophrenia patients acquire vocational training and new social skills (Franklin, 2004). The vocational training programs help the patients get back to their normality, making them stable to unite with society. In the play, Nash acquires various medical services. When first put in the mental

hospital, antipsychotic drugs were administered to him. Nash also receives insulin shock therapy at the mid of the play. Antipsychotic treatment reduces some common symptoms such as delusions; the treatment has side effects such as dry mouth, restlessness, and blurry vision. Generally, the film gives an excellent example of how the disease affects people and how it is treated. The medication used to treat Nash in the movie is the same medication as regular schizophrenia patients except for insulin shock therapy. This film is beneficial as it brings insights for people living with such patients.

The main drugs used to treat Schizophrenia patients are psychotropic medication. Current Schizophrenia approaches to treatment include both psychotherapeutic techniques and medicine. Most patients lack other treatment forms. Antipsychotics side effects are lesser compared to other drugs. The Antipsychotics reduce the disease symptoms but do not heal. Most of the treatment guidelines used currently recommend maintenance therapy that lasts for more than a year.

In this film, the disease's effect on Nash and those surrounding him have significantly been shown. Despite John being an inventor, teacher, and brilliant mathematician, he cannot enjoy everyday life. He is well informed about the surroundings, but the use of medication only controls his mind. In the film, he got admitted to a psychiatric facility and undergoes antipsychotic treatment and insulin therapy. In his hospital stay, he tries to cut his arm to see the code thinking the government agents have hacked on his arm. In another part of the film, he refuses to take his medicine, and his son and William Parcher direct him in a bathtub. In several cases, while teaching, he acts abnormal to the point of even leaving class before time. This disease limits John from carrying out everyday activities he used to do before he got sick. Due to the medication side effects, he lacks life motivation, and he cannot satisfy his wife. Due to all this, it reaches a point when he refuses to take medication anymore. In the process of arguing with his wife, he convinces her to get an optional control method of his

life apart from medicine. At the ending of the film, he realizes he had imaginary and fake people who are not aging but keeps following his life. He now has a way of avoiding them. He is offered a teaching job at the University by his college classmate, where his lifestyle changes.

In the film *A Beautiful Mind*, the audience understands why most psychiatric patients refuse to complete their medication dosage. John Nash's mind almost shatters into pieces after being injected with insulin shock therapy (Nasar,2011). It is important to note that after Nash spending a long period in hospital, Nash renounced his delusional hypothesis and converted to thinking like an average person. After realizing this, he decides to continue with his maths research.

“*A Beautiful Mind*” clearly shows and illustrates the impact of the disease on Nash's whole personal life and his profession. Some of these impacts include the decision on whether to take medicine or not. He also undergoes a challenge of evils spirits in case he lacked proper medication. The film, however, makes the audience see the glory as Nash fight schizophrenia.

As a medical professional, I would advise Nash on various ways to cope with his condition. I would recommend him to continue taking his medication to manage the disease symptoms. Taking psychotherapy will play a big part in the plan of symptoms management. Nash should also get involved in training skills with a focus to improve social interactions and communications. The Nash family also needs to be educated on the diseases that they can provide a robust support system. To gain new insights into Nash's condition, I will ask several questions like how long he has suffered from schizophrenia, how it started, and the continued progress to research how he can get healed.

Conclusion

In “A Beautiful Mind “film, Nash is portrayed as a person who can build reality. He struggles to live a complex life in a community full of symbols and meanings that are not visible to untrained eyes. Even if there I no visibility, the nonexistence of the reality is not justified. Nash is trying to fight the disease on his own to the point of stopping to take medication. Even though Nash stabilized without taking medication, the condition didn't heal but decreased in intensity. The film clearly shows how schizophrenia I was treated and various therapies administered to the patient. The film educates people living with schizophrenia patients either at home or at work, how they should be handled without leaving or neglecting them, just like Nash's wife stood with her husband.

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