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Is psychiatry a crime against humanity?

My book with this title documents that psychiatric drugs do far more harm than good. They make it difficult for people to come back to a normal life and kill so many people that they are the third leading cause of death, after heart disease and cancer. Many people become dependent on the drugs and develop terrifying withdrawal symptoms when they try to come off them. Very few doctors know how to taper off the drugs safely. Most people continue taking drugs for many years and some develop irreversible brain damage as a result.

This is the biggest disaster in healthcare. It has only been possible because of institutional corruption, which involves widespread censorship in psychiatric journals and that psychiatric leaders systematically misrepresent the scientific facts, even to the point of claiming that drugs that double suicides protect against suicide. Psychiatric textbooks used by students of medicine, psychology and psychiatry contain a litany of erroneous statements about the causes of mental health disorders, if they are genetic, if they can be detected in a brain scan, if they are caused by a chemical imbalance, if psychiatric diagnoses are reliable, and what the benefits and harms are of psychiatric drugs and electroshocks. Much of what is claimed amounts to scientific dishonesty, and fraud and serious manipulations with the data is common in often-cited research.

The prevailing biomedical model of mental disorders posits they are brain diseases caused by specific biological abnormalities that can be corrected by drug treatments. There is no reliable research in support of these claims and biological psychiatry has been a total failure.

Most patients' views – which agree with the most reliable evidence we have - are that they become mentally ill because something untoward happened to them. By far most patients prefer psychotherapy for drugs, but very few get it. Almost all patients get drugs, even though randomised trials have shown that psychotherapy has an enduring effect that outperforms drug therapy.

Psychiatry needs to be completely restructured, focusing on psychosocial interventions, respecting informed consent, and making forced treatment – which kills many patients - illegal. The beneficiaries of the explosion in psychiatric diagnoses and drug prescribing in recent years are not the patients, who have been stigmatised and harmed, but doctors with vested interests and the drug companies.

My book will become [freely available](#) on my website on 30 August. I have published several much-acclaimed books before this most recent one, including three about psychiatry.

Contact: Professor emeritus Peter Gøtzsche, Institute for Scientific Freedom, Copenhagen, Denmark. Email: pcg@scientificfreedom.dk, phone: +45 53 64 20 66.