

Diagnosing mental illnesses is a process that is complex, especially due to the presence of symptoms that are applicable to various disorders. It could be dangerous if the diagnosis was provided without a professional as it could aggravate symptoms or create a disorder that was never existent. Nowadays, it is common for individuals to self-diagnose through social media research, for instance. However, people fail to recognize the drastic effects it may have on one's mental state and capacity. I believe that it is possible for an individual to trick their brain into developing a mental disorder through the process of self-diagnosis. In fact, not only can it alter one's state of mind and cognitive abilities, but it can also give rise to psychosomatic symptoms under extreme conditions. Furthermore, self-diagnoses can lead to much worse conditions as it can distract an individual from their real possible diagnosis. I plan to explore my theory through both quantitative and qualitative methodology in hopes of proving my theory regarding the ability of self-diagnosis to lead to the development of a mental disorder. Additionally, I aim to dive into the concept of the placebo effect as reverse psychology or a possible treatment option for individuals who self-diagnose. Seeing as tricking the brain is the main focus of discussion, the placebo effect would be more than suitable to mention in terms of psychological impact.

Reference List:

<https://highlandspringsclinic.org/dangers-of-self-diagnoses/>

<https://med.uth.edu/psychiatry/2021/03/26/a-challenge-with-social-media-self-diagnosing-mental-health/>