Neuroethics Learning Collaborative

Brain enhancement II: Mood and Personality enhancement
Outline of lecture

• Definition: Revisiting therapy vs enhancement
• SSRIs – (how) do they work as enhancers?
• Beyond SSRIs: Other drugs that lift mood and brighten personality
• Ethical, legal and social issues
“The self, and how it fares in a world where personality is understood as ‘biological’ and subject to biological influence, is a central issue for our time... Who are we, if we can be so altered by medication? And why should the medicated self on occasion feel more ‘true’ than the unmedicated?”
Not promoting SSRI for mood/personality enhancement

‘Enhancement’? Pts not hunky dory

- fuzzy and moving line between therapy and enhancement
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SSRIs – (how) do they work as enhancers?

- Serotonin reuptake
- Mood effects downstream
- More effective for severe than mild depression
- But do affect mood and behavior in normal people
paroxetine in healthy normal Ss

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Mother’s little helpers

• 1950’s-1960’s
• Tranquilizers, amphetamine
• Treat ups and downs of life
• Doctors turn away in 70’s because of addiction
Syndromes of the Sixties

The battered parent syndrome

She's the paradox of our age. Compared to her mother, she has more education, more usuable income and more labor-saving devices. Yet she is physically and emotionally overworked, overwrought and—by the time you see her—probably overwhelmed.

What went wrong? Is parenthood something other than the rosy fulfillment pictured by the women's magazines? Is anxiety and tension fast becoming the occupational disease of the homemaker?

Some say it's unrealistic to educate a woman and then expect her to be content with the Cub Scouts as an intellectual outlet.

Or to expect her to should the guilt burden of this child-centered age without unraveling around the emotional enticements.

Or to compete with her husband's job for his time and involvement.

But whatever the cause, the consequences—anxiety, tension, insomnia, functional disorders—fill waiting rooms. Sometimes it helps to add 'Miltown' to her treatment—to help her relax both emotionally and muscually. It's no substitute for a week in Bermuda, or for emotional readjustment. But it will often make the latter easier for her, as well as for the physician.

And 'Miltown' has been doing just that—for a dozen years now—with substantial success.

Indications: Effective in relief of anxiety and tension states; adjunctively when anxiety may be causative or disturbing factor. Fosters normal sleep through anti-anxiety and muscle-relaxant properties.

Contraindications: Previous allergic or idiosyncratic reactions to meprobamate. (Brief summary of prescribing information is continued on next page.)

Miltown (MEPROBAMATE) when reassurance is not enough

Wallace Pharmaceuticals, Cranbury, N.J.
why is this woman tired?

She may be tired for either of two reasons:

- because she is physically overworked. If this is the case, you prescribe rest. Rest is the only cure for this kind of physical tiredness.
- because she is mentally “done in.” Many of your patients—particularly housewives—are crushed under a load of dull, routine duties that leave them in a state of mental and emotional fatigue. For these patients, you may find ‘Dexedrine’ an ideal prescription. ‘Dexedrine’ will give them a feeling of energy and well-being, renewing their interest in life and living.

*Dexedrine* (dextro-amphetamine sulfate, S.K.F.) is available as tablets, elixir, and Sponsules* capsules (sustained release capsules, S.K.F.) and is manufactured by Smith, Kline & French Laboratories, Philadelphia.

Women dominate his universe

psychic tension can rule his life

He doesn’t understand the source of his psychic tension. But you do. He relates well to women with dominating traits. But not to men. Not even his own son.

Whenever psychic tension is a significant component in the clinical profile, consider the use of Valium (diazepam). On proper maintenance dosage, Valium can help reduce the psychoneurotic patient’s tension — anxiety, apprehension, agitation, alone or with depressive symptoms — to more comfortable and adaptable levels. The most commonly reported side effects are drowsiness, fatigue and a taxis.

For your passively-dependent, tension-ridden patient dominated by women — and for countless other psychoneurotics — Valium may prove itself a helpful partner to your psychotherapeutic skills.

Please see last page of this advertisement for prescribing information.

for the relief of psychic tension in psychoneurotic states

Valium® (diazepam)

2-mg, 5-mg, 10-mg tablets

t.i.d. and a.s.

Before prescribing, please consult complete product information, a summary of which follows:

Indications: Tension and anxiety states, somatic complaints which are concomitants of emotional factors; psychoneurotic states manifested by tension, anxiety, apprehension, fatigue, depressive symptoms or agitation, acute agitation, tension, delirium tremens and delirium alcoholics due to acute alcohol deprivation syndrome. Also for the control of muscle spasm due to reflex spasm of local muscle atrophy, spasticity caused by upper motor nerves disorders, alkalosis, stiff-man syndrome, convulsive disorders (not for note therapy).

Contraindications: Known hypersensitivity to the drug. Acute narrow angle glaucoma.

Warnings: Not of value in psychotic patients. Caution against hazardous occupations requiring complete mental alertness. When used with sedatives or convulsive disorders, possibility of increase in frequency and/or severity of grand mal and other convulsive disorders, increased dosage of standard anti-convulsants should be considered. May be associated with temporary increase in frequency and/or severity of seizures. Advise against simultaneous ingestion of alcohol and other CNS depressants.

Some adverse reactions occurred following abrupt discontinuance. May produce symptoms in alcoholics, including delirium tremens, with prolonged use may lead to addiction. No tolerance develops and withdrawal symptoms are unpleasant and may occur with abrupt discontinuance. Annual reports of antiepileptics, including diazepam, are advisable during long-term therapy.

Dosage: Individuals for maximum beneficial effect. Adults: 30 mg b.i.d. to q.i.d.; children, 10 mg t.i.d. or q.i.d. in 24 hours, then 5 mg t.i.d. or q.i.d. as needed, adjusted individually in accordance with patient’s response. Do not exceed 160 mg daily. For convulsive disorders, 2 to 50 mg b.i.d. to q.i.d. Gastrointestinal disturbances, irritability, emotional lability, aggression and delirium to produce ataxia and overanxiety.

Side Effects: Drowsiness, confusion, diplopia, dystonia, changes in libido, nausea, fatigue, depression, dyskinesia, asthenia, skin rash, ataxia, constipation, headache, insomnia, changes in stool, blurred vision, tinnitus, vertigo, anxiety, irritability, thrush. Somatic hyperesthesia states, anxiety, hallucinations, increased muscle spasticity, insomnia, rashes, sleep disturbances, stimulation, have been reported; should be evacuated immediately. Children: up to 2 years, 25 mg t.i.d. or q.i.d. daily, increasing as needed and tolerated. (See Precautions.)

In children, 1 to 2 years, 25 mg t.i.d. or q.i.d. initially, increasing as needed and tolerated (not for use under 6 months).

Tablets, 2 mg, 5 mg, 10 mg, branded and generic.

The central figure's interpersonal relationships, caricatured and denigrated, reveal the pressures of dominance and choice he has in the principal people in his life. In this individual, domination by women has led to psychic tension.
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Safety, Fairness and Freedom, as with CEs
Personhood, Identity and Authenticity
Ethical, legal and social issues

Safety, Fairness and Freedom, as with CEs
Personhood, Identity and Authenticity
“Resistance is futile”