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## The negative effect of Prozac on teenagers in the United States

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# “The Negative Effect of Prozac on Teenagers in The United States”



*(Photo by Stephen Chernin/Getty Images)*

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### Introduction

Before Prozac, people dealt with their depression issues by lying on a couch and talking to therapists about their feelings, getting out to stimulate ones self and grasping reality with depression day by day. This wouldn't be the case for long. Prozac, "the wonder drug" was made by Eli Lilly and Company in 1988. This stimulant was made to cure anyone with depression, a chemical imbalance, anxiety issues and a obsessive compulsive disorder also known as OCD.

The drug was a success confirmed the FDA and Eli Lilly's company. It helped those in need of drug. There were many, though, that reacted to the drug differently. This wonder drug was a death threat.

What people didn't know and were soon to find out about the usage of Prozac was that it has a harsh side effect. Prozac can cause more depression, increase suicide attempts, give more anxiety and there was less hope of a patient wanting to live. People became skeptical about the drug, learning about its side effects from lawsuits against Eli Lilly, newspapers and the news on television.

Many doctors handed out the prescription not becoming fully aware of its side effects. What doctors forgot to mention to patients was that Prozac, doesn't react right away and side effects can be brutal.

Now there is a drug label on Prozac. The label is for awareness of the drug. The number of patients using Prozac is growing along with the harmful acts taken by patients. The drug is not an instant cure as many thought it would be.

## **Literature Review**

Prozac has had many ups and downs since its release by Eli Lilly in the early 1980's. Some of its positive effects include curing anxiety, depression and OCD which stands for obsessive compulsive disorder. There are also many negative side effects which many people, especially teenagers seem to have because they are younger and their hormones are raging. If one were to mix Prozac in with a teenager who is growing in maturity, hormones plus the drug can commit suicide, hurt others and the drug can actually do more harm than good. Prozac is known for its help with others, but it hurts many who are need of the drug the most. Instead of working as an anti-depressant, it can make teenagers depressed than they already are.

Samuel H. Barondes, author of Better Than Prozac: Creating the Next Generation of Psychiatric Drugs, a professor at Jeanne and Sanford and director of Center for New Pills of the Mind, shows the history of the drug Prozac. He shows some positive effects of the drug such as more social action with others, less anxiety and the willingness to live, but he also describes a certain limit that teenagers can reach to because they are too dependent on Prozac. Teenagers can reach the limit of suicide, harshness, and even changing of the moods. It is a book that is the same as other sources because it looks at the negative effects in detail, but it is different from others because it describes the history of Prozac and where it came from.

Nan Little, life coach and certified wellness advisor for the 123 Feel Better Company writes an article in "Insight Journal called Antidepressants: Are They Safe for Children and Teens?" He describes that Prozac works differently on teens because their

whole body chemistry is not the same as adults. When taking the drug, their reactions are going to be different.

Little mentions that “About 2 in every 100 depressed children are suicidal when not using any form of antidepressant.” He also wants people to remember though that when a teenagers are taking antidepressants such as Prozac, their suicide rate may increase due to a depressive disorder. “The risk of suicidality doubles when children and teens are using certain antidepressants. This means that the risk goes from 2% to 4%, with 4 out of every 100 children using an antidepressant experiencing suicidal thoughts or attempting suicide.” Parents have to monitor their teenager very closely while taking Prozac because of its reactions.

The article is similar to others because it shows the rate of suicide from Prozac, but it is different because it explains why the rates are different in length.

Prozac Backlash by Joseph B. Glenmullen who is a psychiatrist at Harvard explains in this book in a different sort of manner than drugs. Glenmullen argues that there are other ways of curing depression and anxiety rather than taking Prozac. He suggests such tips as writing in a book one’s thoughts, walking, and surrounding yourself with others. Prozac is the last resort just because of its negative effects such as nausea, headaches and sometimes the drug doesn’t even help. The drug can make a teenager more depressed than what they are already.

Prozac Backlash is relevant in so many ways because it shows what many teenagers can do to stay away from the drug. Prozac should be used as a crisis pill rather than a general antidepressant. The book in many ways is different though because it puts

the negative effect of Prozac into progress. It shows that it is not the only thing out there that will help one, especially teenagers with an OCD.

Elizabeth Wurtzel, author of Prozac Nation: Young and Depressed in America and a patient of the drug Prozac, writes in this book why teenagers turn to the wonder drug. She describes that teens who watch the media and listen to the media become very much more depressed. The teenagers turn to the drug, but many people think and feel that the drug may not work within Prozac Nation. It is just a teaser towards the mind. Citizens inside Wurtzels book feel that the drug doesn't ease the pain and feel to take away depression is all in the mind of a person.

Wurtzel makes her documentary different from others because it is based on different actions from her incorporated with other depressed teenagers.

In the article "NIH Secrets. Study Break", by Jeanne Lenzer, who is a freelance medical investigative journalist describes the most expensive drugs on the market including Prozac and she explains that the drug is a dangerous treatment. "In the case of Prozac for teens, the data withheld by researchers could show that Prozac is not safe for children-an important development , given that it is the currently the only anti-depressant approved by the FDA for the treatment of children." Lenzer also mentions that adolescents with ADHD that take stimulants may be in danger which is caused by the disease or the depressant.

The article in so many ways is different from others because it describes the NIH going into further depth with the main antidepressant on the market. It is the same as some of the other sources though because it again shows what negative effects Prozac can have on a teenager.

Paul L. Price, PharmD, BCPP who is a Clinical Pharmacy Specialist for Psychiatry at Immanuel Medical Center writes the article “Antidepressants in Children and Teenagers: What are the issues?” Price describes the black box warnings on label and suggests that these warnings may not be as significant as they should be. He also mentions that Prozac was the first FDA approved antidepressant. “Even though numerous medications on the market today have sufficient data to support a black box warning, many continue to be prescribed without such labeling.” “The thought that a black box warning does not decrease the prescribing habits of physicians for useful medications is not prevailing in this situation since prior to the labeling change (February 2005) during the fourth quarter of 2004 a decrease in all prescribing in the United States of antidepressants occurred.” Price also describes that being on antidepressants such as Prozac may take two weeks to kick in to a teenager, but very urgent side effects include thoughts of wanting to die, more anxiety, aggressiveness, restlessness, impulsiveness, etc.

In many different ways the source is different because it shows the standpoint of where the FDA is coming from. It shows why they first approved it on the market, but it also shows why they have many second doubts about the drug. The source is the same as others though because it is trying to tell teenagers that this drug is not the safest drug to take for depression.

The online article “Psych Drug Truth” written by the F.D.A. describes that there is an increase of suicide due to people who take antidepressants. “In the meantime, FDA is highlighting that adults being treated with antidepressant medication, particularly those being treated for depression, should be watch closely for worsening of depression and for increased suicidal thinking or behavior.” If one does not take a depressant and is going

through withdrawals of Prozac, the withdrawals can be extremely harsh. These symptoms can be Jaw Stiffness, muscle cramps, dizziness, muscle weakness, increased weight, hyperglycemia and etc.

The source is like many other sources because they are showing the back side of the drug and how it may not help many of those in need. The source is different though because it shows the first hand withdrawals of the drug.

Alexander Cockburn, author of “Death, Depression and Prozac” and a student based on politics and culture, examines depression itself, what teens will do to get Prozac and the harmful decisions that teens make based when they are on the drug. Harmful decisions can be suicide, harsh behavior, extreme mood change and repeating habits over and over again such as tying your shoes more than once or tapping your food on your plate more than once. Many deaths have come from teenagers who have taken their lives or the lives of other from this drug. It is a strong drug, but it is killing more than healing. Cocburn argues that Prozac shouldn’t be used as an antidepressant. It is way too harmful on teenagers and teenagers actions come through the medication.

This source is very different because it not only shows the side effects of the drug, but that the drug can kill a teenager rather than make them stronger. It is more harm than good in many cases. The article is a similar source to others because it talks about side effects that teenagers usually receive because of the wonder drug.

Supria Ranade, sophomore environmental engineering major from Rockville, MD. and author of the article “Suicide among teenagers on the rise”, shows why pills such as Prozac are leading to an increased risk in suicide. “According to the Washington Post, each year around 8 percent of teens report making a suicide attempt in the past

year, and about 1,600 succeed, according to the U.S. Centers for Disease Control and Prevention.” Ranade also describes that there is another way that teens can help their problems called TeenScreen’s. The environment lets teens speak clearly about what they feel due to suicide and how they feel about harmful pills.

The source is similar to others because it shows increasing suicide rates from Prozac. This source is also extremely different because it describes what teens can do to voice their opinions about the drug and how not to take the drug.

Prozac is not a drug to fool around with. The anti-depressant can depress those in need of it the most. It is a drug that should be watched at every extent. Our industry has focused so much on the drug being a helpful drug to many and that it may be able to cure anybody, but the industry tends to forget that teenagers are extremely outgoing and will take anything that they can get their hands on. It is not a drug to be taken lightly at all.

After all these studies, there are still questions that are left unanswered. These questions include “Why do teens keep taking Prozac when they know that it can be harmful to their health” and “Should parents of teens be more skeptical of Prozac being handed out to their teens or should parents just let their teens take the drug because they are told by doctors that it will help their teens?” I also want to know what strong effects there are on teens from the media contributing to their usage of Prozac?

### **Methodology on “The Negative Effects of Prozac on Teens in the United States”**

Several books, journals and articles were read to receive a number of the information that has gone into this research. Many of the books and articles

carried negative information about Prozac rather than positive information. Books such as Prozac Backlash and Let Them Eat Prozac are very beneficial through my negative study because they show all the negative effects from the drug. After this study, these sources will be beneficial to lead me to how the media can affect Prozac patients.

A history analysis and an ethical analysis were used on this study to see where Prozac originated from and why it came to be the drug that it is today. It will also demonstrate how numbers are increasing in suicide from Prozac patients. An ethical analysis will show what people, especially teens, think of Prozac today. What negative effect will occur today because of the drug?

### **Body**

. Prozac, produced by Eli Lilly and Company in the early 1980's, has been an issue of strategy and suspense since he put the drug out on the market. Zoloft, Paxil and Effexor are forms of Prozac. They are supposed to help those that are depressed. There is always an issue though when a new drug is prescribed to someone. Prozac, also known as the commercial drug, gives teens the idea of suicide. This is said by many journalists such as Samuel H. Barondes and Elizabeth Wurtzel because of its work on suicide, but if the drug is still a threat towards teens in our society, why is it still being given out to people?

“Lilly officials continue to defend the drug's effectiveness, saying its track record is borne out by the fact it is still the most widely prescribed drug of its kind. In a written statement, Jeff Newton, a Lilly spokesman, said: “There is no credible evidence that establishes a causal link between Prozac and violent or suicidal behavior. There is, to the

contrary, scientific evidence showing that Prozac and medicines like it actually protect against such behaviors.” – Garnett, Leah, “Prozac Revisited.”

We as citizens are still seeing killings from those that take Prozac. Prozac is known as the wonder drug. There were a number of Americans turned to the pill in a time of need. Since the late 1980’s the earlier form of prozac not only helped depression, but it also helped low self esteem and the concentration of the fear of rejection. The later form of prozac helped so much that by the end of last year, more than 35 million people all over the world were taking the drug for states of depression. This gave Lilly 25 percent of the drug’s \$10 billion dollar revenue in 1999.

“It is estimated that 3 percent of children and about 12 percent of teens suffer from depression. The increased awareness of childhood depression and its impact on a child has led to an increase in the use of antidepressants to treat these children. However, since Prozac is the only antidepressant approved to treat Pediatric depression, many other drugs are used off-label.” – Lannelli, Vincent M.D. “Kids and Antidepressants”, About.com.

Researchers who tested 439 students for depression from “Treatment for Adolescents with Depression Study,” by “NIMH”, from the ages of 12-17 years old, who are diagnosed with depression, were critically examined by researchers for 12 weeks. When using a measurement scale, researchers found that 71 percent of the patients who took Prozac and received psychotherapy responded fine to the treatment. This was compared to the 61% of people who took the Prozac alone, 43% of those who received talk therapy alone and 35% who received a placebo treatment. It seemed that the drug and the talk therapy worked the best within the treatment study. With this research as well, the researchers found out that certain patients became less suicidal. The patients did

not commit suicide while within the study. This was the good part of the study. The risk of suicide attempt among the patients that had taken Prozac was twice the size of those who did not take the drug. Within this study, there were five suicide attempts by those who took the drug and only one who was not administered the drug.

“Even worse, many doctors think SSRIs are the best treatment for anxiety symptoms. They aren't. For immediate relief of anxiety for adults, Xanax, Valium, and other benzodiazepines are fast-acting and safe if used in moderation. SSRIs have no immediate anxiety-reducing effects. To the contrary, they can actually provoke anxiety.”- Cohen, Jay S., “The Underlying Cause of Suicides & Homicides with SSRI Antidepressants”, MedicationSense.com. 2004

“So why do doctors prescribe SSRIs for anxiety symptoms? Because if taken for awhile -- at a low dosage -- SSRIs can sometimes reduce the development of anxiety symptoms. When used properly, SSRIs can help panic and obsessive-compulsive disorders, but such use means starting with a very low dose and explaining that the benefits may not be seen for weeks. Doctors should also explain to patients that these drugs can worsen anxiety initially.”- Cohen, Jay S., “The Underlying Cause of Suicides & Homicides with SSRI Antidepressants”, MedicationSense.com. 2004

“Oddly, then, in the “rush to market,” drug company studies tend to hide the efficacy of the very medications that the corporations hope to promote. It is the rule, not the exception, for similar medications to fare poorly in drug company trials, but to fare well in subsequent government-sponsored research.” – “Should teenagers take drugs?” By Peter Kramer.

“Three years before Prozac received approval by the US Food and Drug Administration in late 1987, the German BfArM, that country’s DA equivalent, had such serious reservations about Prozac’s safety that it refused to approve the antidepressant based on Lilly’s studies showing that previously nonsuicidal patients who took the drug had a fivefold higher rate of suicides and suicide attempts than those on older antidepressants, and a threefold higher rate than those taking placebos.” – “Prozac revisited: As drug gets remade, concerns about suicides surface”

“Depression and suicide are of epidemic proportions in America. Suicide has been the third leading cause of death in the youth age group of 15-24 years for the past generation (1979-1997) and is the fifth and sixth leading cause of death in the 5-14 year age group for the years 1979 and 1997, respectively. “-“Teen says Antidepressants Led to Slayings”

It seems as if people are paying more attention to how people are reacting from the drug, but do they really pay attention towards how the drug can really help people? If one thinks about it really though, many drugs can cause teens to commit suicide, but Prozac is the more recognized of all the drugs. It can show more effects towards any person.

### **The Media and Prozac**

In a recent school shooting in Minnesota, shooter Jeff Weise Killed nine people and then killed himself at his high school. The New York Times had also said that Weise was taking 60 milligrams of the drug per day based on the notifications from his aunt, Tammy Lusier. Jeff was so depressed before taking the drug that the doctors kept on increasing the dose. Weise was taking 20 milligrams per day. Relative of Weise, Lee Cook had said that his prescription was increased a couple days before the shootings. In

a similar coverage “According to the American Hospital Formulary Service Drug Information 2005,”FDA now states that it has determined that antidepressants increase the risk of suicidal thinking and behavior in children and adolescents with major depressive and other psychiatric disorders”, and states that, “FDA states that a causal relationship to antidepressants has been established in pediatric patients,”- “Teen killer at Red Lake Indian Reservation school reportedly taking high doses of Prozac”. NewsTarget.com.

Teens are very influenced by what they see on television, what they hear on the radio and what they read in magazines.” Promotion of alcohol, cigarettes, and drugs by the media. The entertainment and other media portray alcohol and cigarette use as "cool." Ads portray alcohol use as a way to gain popularity, success, and sex appeal. Music and movies also portray cigarettes and other drugs as glamorous. Pharmaceutical company advertisements promote the use of prescription or nonprescription drugs with an implicit message that drugs improve your life”, WebMD. 2007. Also, when a suicide or death is linked to medications like Prozac, the media jumps right on the issue.

“Many told their Prozac nightmares on daytime talk shows hosted by Geraldo Rivera and Phil Donahue. One Donahue show was titled “Prozac-Medication That Makes You Kill.” Around the country, networks of Prozac survivor groups sprang up. In what became known as the “Prozac Defense,” people accused of violence or other crimes attributed their actions to the drug.”- Glenmullen, Joseph M.D., Prozac Backlash, P. 136-137 . With this said, the drug is a severe stimulant which should be carefully monitored by patients and their parents.

Even though this drug may be less deadly or harmful to the human body, we as citizens are still seeing killings from those that take Prozac. In Columbia, South Carolina, three years ago, 12 year old Christopher Pittman shot his grandparents while they were sleeping. The whole reason for killing his grandparents was because they had scolded him earlier that evening. This is what authorities investigating the story had said. According to Pittman's father, Joe Pittman, he believes that his son was affected by his antidepressant drug, Zoloft, a form of Prozac. Christopher had told authorities and figures that he was kidnapped by a man that had killed his grandparents. Basically and in other words, Christopher was indeed in need of talk therapy. The drug made him act in a way that he would have never acted before if he had not taken the drug. The funny thing was, a month before killing his grandparents, Christopher was hospitalized in Florida because he had threatened to kill himself. When he said he was suicidal, the doctor prescribed Paxil, the form of Prozac. When this didn't work, Zoloft had become the key for Christopher. Pittman, who is now 16 years old, is being prosecuted as a regular adult and could spend up to 30 years in prison.

. There is a commercial on television explaining the way Zoloft, a form of Prozac drives a person away from reality.

“A great day for Dad. A great day for Mom. A terrific day for the family. Make it happen. The Zoloft Saturday.”-Glenmullen, Joseph. Prozac Backlash. 231. In this scene the parents are pushing their son in the swing lovingly after taking the drug as if to say the drug works instantly. Prozac is made to be a happy pill.

“But prescription drugs that markedly alter brain chemistry can-and do. Particularly drugs like Prozac, which are, in my opinion, the chemical equivalent of a ghoulish

Stephen King monster hiding in the closet.”-Dr. Julian Whitaker, MD: “The Scourge of Prozac.”

There was a study that was done by Martin Teicher and Jonathan Cole, two Harvard Medical School students who gathered a number of stories from Prozac patients at McLean Hospital. These patients were strongly effected by the drug.

“One patient reported feeling like “jumping out of her skin.” So great was her “anxiety, fear, and turbulence that she felt ‘death would be a welcome result.” “One patient escaped from the hospital, but was brought back by hospital security guards. Once in the hospital again, she “became violent, banging her head and mutilating herself, and physical restraint was necessary.”-Glenmullen, Joseph, Prozac Backlash, 134.

When this study was taken, there were similar reports such as this one which had gone places such as “New England Journal of Medicine”, “Journal of the American Academy of Child and Adolescent Psychiatry”, etc. These stories went out to the public by media. When Teicher and Cole sent in their studies to these various journals, Prozac went from being a miraculous cure to a very deadly drug.

### **Recent Studies**

Doctors examine Prozac as a regular antidepressant drug. Prozac was the first drug out on the market to cure depression and a chemical imbalance. It was the first successful drug that took away the pain. The drug was not supposed to be harmful though. Although it is used for different parts of the brain such as serotonin, a teenager can only take the drug if it is related to the certain nerve in the brain that is causing the depression. If Prozac is taken for a nerve that is not connected to depression, a teen’s depression will get worse. Numbers still vary on the suicide rate due to depression:

“Olfson and colleagues estimated that 9% of all teenagers make a suicide attempt and that 19% express suicidal ideation. In a cohort of depressed adolescents, 35% to 50% made a suicide attempt and 5% to 10%, diagnosed with a major depressive disorder, completed suicide within 15 years. Among these surviving a suicide attempt, 71% had major depression or dysthymia; 64.5% were female.”-“Teens at Risk: A focus on Adolescent Suicide”, by William T. Basco, Jr, MD. These teenagers were all on various forms of Prozac.

I actually know some people that are on the drug, “Prozac” and they have no difficulty with the drug, but it really depends on the person. For instance, both of my grandma’s actually went through depression. Even though they are not teenagers, both of them handled their situation differently. My grandmother on my mom’s side went through post partum depression after she had my uncle. There was no medicine that could really cure the pain, but she dealt with it. Until this day, she doesn’t talk about her depression, but she did often think of suicide. She is still alive today and is without depression. She had to go through talk therapy and it amazed her.

My other grandmother actually just went through depression. She didn’t really know what was wrong with her until she went through talk therapy. The doctor had told her that she was depressed. When she found out about this, she was in complete and utter shock. She had depression before, but only a mild case of it. The doctor had prescribed Zoloft, a form of a lower dose of an antidepressant. She began taking the drug and didn’t feel any side effects. It was actually just weeks ago until she called my parents and mentioned that she was feeling better because of the drug.

It is very difficult to say when the rates of suicide and depression will go down to Prozac. The drug should be more researched by doctors before they hand out the wonder drug to their patients.

“ Thus, doctors aren't informed about obvious SSRI reactions and therefore don't warn patients. When reactions occur, doctors cannot identify them. They tell patients to stick with the drugs or increase the doses, making things worse. When patients complain about side effects, many doctors deny, deny, deny. Doctors must decide whether their allegiance is to their patients or to their medications.” Cohen, Jay S. “The Underlying Cause of Suicides & Homicides with SSRI Antidepressants. 2004

With our society the way that it is today, I expect that the suicide rate will rise due to the media, doctors and the use of drugs. The drug is more of a stimulant due to its narcotic reputation, than that of an anti-depressant pill.

### **Conclusion**

Prozac is a harmful drug that can affect so many people, especially adolescents. The drug does take teenagers away from experiencing a general everyday life. Prozac has been known to create suicide attempts in teenagers, depression, anxiety, lack of confidence and nausea. While it is supposed to be the most effective drug on the market, it is turning teenagers against the drug.

When Eli Lilly ( Eli Lilly Company) invented Prozac in the early 1980's, the negative thoughts of this drug were seldom. The drug was and is the most expensive drug on the market today, but that doesn't explain why doctors acted so freely to hand out the drug. Parents of adolescents are so easily influenced by the drug because they feel that it will help their teenagers with their depression and emotion. Parents don't become

aware of the side effects until after their teenager has hurt someone or has harmed themselves. For example, Michael Adams-Conroy committed suicide by hanging himself outside of his parents' bedroom due to his OCD and Prozac. Conroy's parents sued the doctors for handing out the drug. Parents should be more skeptical about the drug. They should first listen to what the doctor has to say about their child, listen to the child and listen to the drug.

“The upshot of these studies was that more than half of people with major depression showed significant improvement after several months of treatment with either Prozac or amitriptyline, and that the drugs are more effective than placebos.” (Barondes, Samuel H.; Better Than Prozac, 12)

“But the studies also showed that many people who suffer from major depression start feeling better while taking a placebo—an effect of pills that has nothing to do with a drug-induced alteration in brain chemistry.” (Barondes, Samuel H.; Better Than Prozac. 12)

It has been proven as well that Prozac has been created more as a stimulant than an anti-depressant drug. Teenagers become addicted to the drug within days of taking it, even though the drug doesn't start helping a teen right away. It usually takes weeks before any notice of the drug acting. When the drug does act, it stays within your system weeks after taking it until the next dosage is needed. Parents are letting their teenagers take narcotics based on the doctor's choice of words and what they may hear about the drug.

“Using the drug for a pick-me-up like that in the afternoon,” said Joanna, “I'm afraid I'm becoming dependent on it.” (Glenmullen, Joseph; Prozac Backlash. 79)

“There were times when we were sitting with John’s parents over dinner, when I’d become convinced I couldn’t make it without more Zoloft, and I’d think of calling you from out of town.” (Glenmullen, Joseph; Prozac Backlash. 80)

“Serotonin boosters “can have significant personality and behavioral effects in normal humans [even] in the absence of baseline depression or other psychopathology.” (Glenmullen, Joseph; Prozac Backlash. 84)

The media has had a strong effect on teenagers also that take the depression drug. Teenagers watch television heavily so they rely on information from news, magazines, newspapers, etc. A teenager on Prozac is susceptible to listen more freely to the media while on Prozac.

“What she found led to a headline feature on the front page of the Globe days after she left the newspaper. The new patent stated, “Furthermore, fluoxetine produces a state of inner restlessness (akathisia), which is one of its more significant side effects.” (Healy, David; Let Them Eat Prozac. 201)

“Replying for Lilly in the Boston Globe, Gary Tollefson took a familiar tack, arguing that sufferers from the debilitating disease that was depression were being unwarrantedly stigmatized, and the result of this would be that they would fail to seek treatment and lives would be lost.” (Healy, David; Let Them Eat Prozac. 201)

Prozac is a more negative drug than a positive drug. There are more questions that are left unanswered from teenagers taking Prozac. If teenagers know the notorious side effect that the drug will leave on them, why do they still take the drug? If the media is so powerful on teenagers who take Prozac, why do parents let their child still watch the media and take the drug?

“If the FDA intervenes after a drug is on the market, there is a chance that subsequent deaths due to lack of availability of a treatment will be blamed on the agency’s action.”

(Healy, David; Let Them Eat Prozac. 61)

“Lilly and the FDA agreed further that a scale sensitive to the emergence of suicidal ideation should be developed and incorporated into further trials.” (Healy, David; Let Them Eat Prozac. 61)

Why doesn’t the FDA take Prozac out of the market when they know the damage it can do to teenagers? Why isn’t there another drug that can be created without risks of any kind of harm? These questions would be great to look into.

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WebMD. 2007

### **Interdisciplinary Reflection**

The HCOM major has made my life more academically oriented and more disciplined than any other field of study at CSUMB. I was introduced to the HCOM major by Qun Wang. There was always a part of me knowing that I wanted to go into Journalism because writing interests me. I enjoy reporting, writing and everything that is involved with Journalism. HCOM was the major that could put me to my career after college. When I started in HCOM, I knew that it involved Journalism, Broadcast Journalism, News Writing, Magazine Writing and etc. I also knew that HCOM did not involve math which has never been a strong suit of mine.

As I went through HCOM, I realized that the major was easy for me because I enjoyed writing, but it was hard at the same time because my writing skills were good already, but they still needed to be better. I seriously thought that I had writing down, but I couldn't believe the different techniques that were involved such as MLA style, APA format, and etc. Today, I am at peace at where I need to be in HCOM. The classes that I

have taken within the major such as News writing, Media Ethics, The Otter Realm Newspaper and even my Capstone have taught me so much about the controversial major. It is an extremely competitive major, but the major has taught me to be more successful and competitive individual for Journalism in the long run.

It is to my understanding today that HCOM is a major of diverse background. It is humans in general speaking out to others in a diplomatic matter. People listen to others by voicing their opinions, writing, reading, watching television and listening to the radio. HCOM speaks to all within a controversial society. The major as a whole reflects today simply on students speaking out to the world.

Journalism spoke out to me when I was in high school. It was always really easy for me to write, but I knew that I wanted to take my writing further. I remember watching the news and knowing that I eventually wanted to be a journalist either for a newspaper, a magazine or even a broadcast journalist. When I picked Journalism to be my concentration at CSUMB, I knew that it would take me far. Journalism has taught me to report on deadline, write stories according only to the truth, getting many different interviews for stories and communicating better with individuals. I have learned how to make myself clear by talking to people in a very sophisticated and adult manner. Journalism has also taught me to thrive out in the world by getting a story and writing to the fullest.

At CSUMB, HCOM exposed me to different experiences such as reporting a story. Before I had entered HCOM, I didn't really know how to conduct interviews based on stories. Asking random questions was not a journalistic style. I was put on deadlines trying to find stories, create stories and get stories back on a timely manner to

my editors. The classroom inside the Otter Realm showed me what a newsroom would really look like. It has the busy deadlines, people communicating with each other at all times, computers are all on with reporters typing away and the long hours that reporters and editors spend inside the news room putting the paper together. The paper forced me to grow up with my writing. It forced me to get outside and get stories.

In the Spring semester of 2006, I took a News Writing class that I thought would gear me more towards my concentration. When the teacher said that the class would be conducted at a fast pace and it would be a stressful class, I thought that she was just joking around. How hard could a News Writing class be? In the long run, it actually wasn't hard, but it was busy and at times stressful. There were interviews that had to be conducted on short notices, writing in a Journalistic format and always meeting the deadlines. The stories could never be late because in reality, how can editors put a story in a paper that is late?

The class helped me out with another class that I took that semester, The Otter Realm. This is CSUMB's newspaper. News writing made me write very thoroughly for the Otter Realm, it made me conduct interviews on a timely manner and I would always turn in my stories before the deadline. The classes were well put together during the same semester.

I haven't found any gaps in Journalism within the HCOM major. Everything has seemed to be very clear and set in stone. HCOM has been extremely thorough for me. It has made me also a better person and it has thrown me out into the work environment. Before I became an HCOM major, I thought writing came somewhat naturally to me

since I have always enjoyed it. The major has made me become more disciplined, more focused in life and I really do feel more grown up.

My education as a student of CSUMB has definitely put my life on track. I am more driven for my future goals as a Journalist. I love to learn at all times and I am always ready to be taught different lessons for my life in the future. My education has forced me to become a hard working individual.

When researching my Capstone, “The Negative Effects of Prozac on Teens in the United States”, I knew that my research would have to be extremely thorough and I would have to try to keep the research up to date. I didn’t want to put facts into my paper that were written in 1990 and before that. This project was going to be a somewhat difficult research to follow because Prozac is a drug given out by doctors in order to help others with depression, chemical imbalances and etc. The drug is also known to work very successfully. I wanted to do a project that would focus more on the negative effects of Prozac and what these effects can do to a teenager. I was successful in finding many facts that were negative about Prozac, but it was hard to get away from the positive effects of the drug.

My in depth research for me on “The Negative Effect of Prozac on Teens in the United States” was not so much of a challenge for me as it was a success. I knew exactly where to look for information regarding my topic and I knew how to research my topic. My research consisted of many books, scholarly articles, non-scholarly articles and etc. I think the only real challenge for me would have to be the concept map of my research. I knew where to put my topic and general information, but there was some information that

I didn't really know how to explain. I wanted more information than what I was mapping out.

Along the way, I have learned that Prozac is a harmful drug if it is not used correctly, just like many other drugs. It is a drug that is highly publicized and many get different ideas from the drug. I have also learned that teens overdose with Prozac and it leads to circumstances which are deadly. The drug should be thoroughly researched each year to keep up with the statistics of the negative effects on teens by Prozac.

It was a challenge for me to use scholarly work at an advanced level. There were many articles that I found for my Capstone that had great information, but some of the information was not true. I really had to search hard for a lot of my research through scholarly books and articles. In the long run, it has made my Capstone look more professional with scholarly information.

I feel that I have accomplished everything that I wanted to for my Capstone. I am quite content with it, but there is always room to learn more. I am directing my research to have an impact on others to be cautious of Prozac. My research has made me more aware of the drug. The impact of the project for my future will help me greatly in the Journalism field by expanding my mind, researching questions to the fullest and it will help me work in a very sophisticated manner.