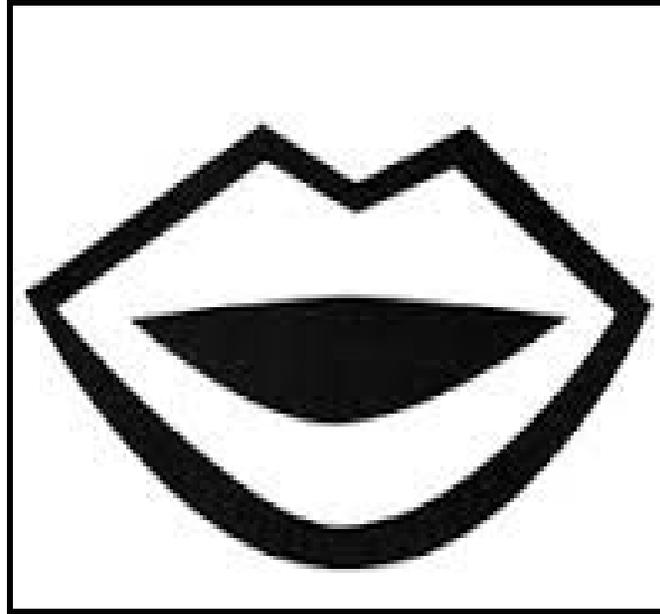


Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

Language Of The Discipline



Creativity: The use of the imagination or original ideas, especially in the production of an artistic work

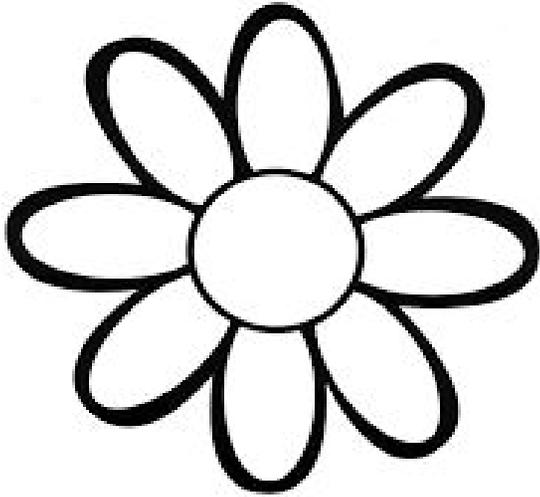
Sylvia Plath Effect: A phenomenon where poets are more susceptible to mental illness than other writers in the creative profession

Latent Inhibition: A term used to describe how familiar stimulus in our observation such as our sight, taste, feel, etc. Takes longer to grasp the meaning than, a new stimuli.

Schizophrenia: A mental disorder involving the disturbance in thought, feeling, and behavior leading to inaccurate representation of reality.

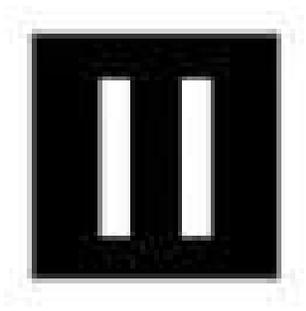
Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

Details



Power is the ability influence.

The power of creativity can influence a person's social and mental well-being.



- Emotional and mental instability has the power to influence an artist's creative output through their artwork. In the paper "The relationship between creativity and mood disorder" it states, "... that creative individuals sado have higher rates of the mood disorder in general, and bipolar in particular"(Andreasen, 2008). It's suggested in this study that those in the creative profession are more at risk to having various mood disorder. The influence of their own mood disorder affects their own art and in some case change their art.
- Edvard Munch, famous painter known for his painting 'The Scream' was said to suffering from depression, agoraphobia and nervous breakdown. But in some cases artist, such as Edvard Munch refused treatment for his illness in fear of his creativity being hinder. Edvard says, "Sickness, insanity and death were the angels that surrounded my cradle and they have followed me throughout my life." His emotional and mental instability in himself was such a profound part of himself. That to be without them in his art and himself, he wouldn't be the same person he was. Heavily influenced by how his mental illness affected his artwork, it changed the way he thought about his creative output.
- Sylvia Plath was heavily influenced by her depression known for being famous poet. Their instability has the power to influence and impact a person's welfare. In very severe case, it can affect every aspect of their daily lives. According to Scott Barry Kaufman, an

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American psychologist and writer for Scientific American, “... It seems that the key to creative cognition is opening up the floodgates and letting in as much information as possible,” he writes. “Because you never know: sometimes the most bizarre association can turn into the most productively creative ideas” (Adam, 2014).

PMC full text: [Dialogues Clin Neurosci. 2008 Jun; 10\(2\): 251–255.](#)
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Table I.

Psychiatric illness in writers versus controls. ns, non significant

Disorder	Writers		Controls		χ^2	P
	N	%	N	%		
Bipolar I	4	13	0	0	-	ns
Bipolar II	9	30	3	20	2.60	ns
Unipolar	11	27	5	17	2.13	ns
Any bipolar disorder	13	43	3	10	6.90	0.01
Any mood disorder	24	80	9	30	13.20	0.001
Alcohol abuse	9	30	2	7	4.01	0.05
Drug abuse	2	7	2	7	-	ns

A study done by Nancy C. Andreasen was compared with 30 writer with a counterpart of 30 none-writers. What she found was that writers were more likely to have bipolar tendencies, than those who were not a writer.

Power may be Used or Abused

The power of creativity can be used for inspiration to create art, but also abused in a way that does not help the artist seek mental health help. Some may feel that their mental instability or illness is vital for their artistic creativity, and may end up hurting those around them due to their mental instability. In the name of creativity, artist can exploit others' mental instability or illness to gain recognition.

- ❖ Mental illness in artist's emotional and mental instability can be used as muse for inspiration. According to Stanford journal of Neuroscience, "...some manic-depressive artist also credit their depressed periods with giving them important insights that manifest in their work; as Jameson puts it "many artist and writers believe that turmoil, suffering, and extremes in emotional experience are integral not only to the human condition but tho their abilities as artist" (Sussman, 2014). They use their own mental and emotional instability to provide critical perception into how they express themselfe.
- ❖ Artist can abused their creativity by refusing treatment because they fear they may lose their creativity. One example of this is the painter Edvard Munch who voiced his opinion on the issue, " [My troubles] are part of me and my art. They are indistinguishable from me, and it [treatment] would destroy my art. I want

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to keep those sufferings.” The treatment used to treat schizophrenia, may leave patients sedated and reduced motivation. Though taking medication for their mental illness does have drawbacks. There are other treatment options such as art therapy or music therapy.

- ❖ Many artists and writers such as Georgia O’ Keefe, Edvard Munch, and Francisco Goya were all artist who suffer from emotional and mental instability. Their works were made from their emotional experiences and suffering. In order to get recognitions, some artist, “...mimic madness or eccentricity in order to be more respected for their creative work” (Sussman, 2014). These artist exploit the mental illness of those who are genuinely sick to become more recognizable.

Power is always present in some form.

The power of creativity is always present in some form because everyone has some creativity and it shows up through visual arts, performing arts, music, and other genres as well.

The power of creativity is always present in one's life, in one form to another. Creativity may be expressed through the fine arts or innovative ideas about solving a problem, from the way we interact with others to how we can reevaluate our surroundings to change the circumstance. There are many fields, that are not necessarily creative in terms of visual or auditory fine arts. According to BBC, "For example, a study from 2011 simply classifies people by occupation assuming that everyone who is artist, a photographer or a scientist must be creative, of their exact job" (Hammond, 2016). Being a photographer, scientist, or in creative profession does not necessarily mean you're a creative person.

In study by Harvard, "When all the scores and test score were compared, the most creative student had lower score for latent inhibition than the less creative" (Cromie, 2003). Even those with higher intelligence, shows some lower level of creativity. In the same, study by Harvard those who scored unusually high in creativity test. They more likely to have seven times low scores for latent inhibition.

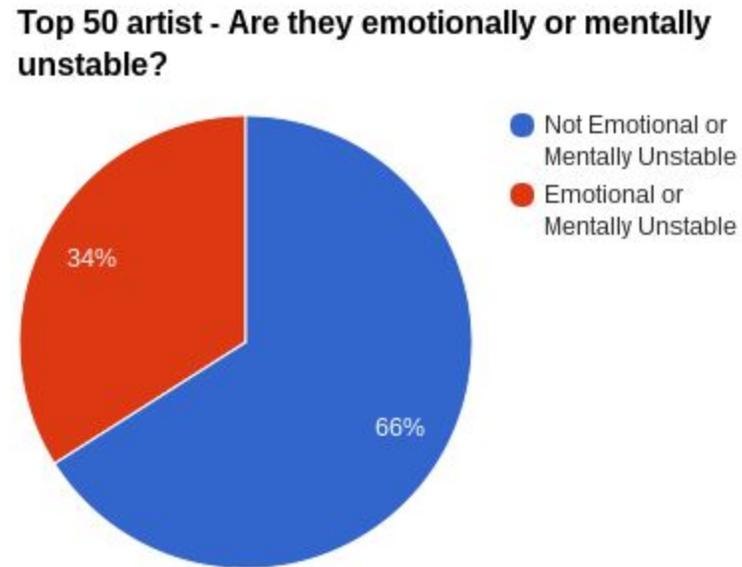
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Power may take many forms.

The power of creativity may take many forms through different forms of fine arts.

An artist emotional or mental instability can be shown through their artwork/music or manifested through behavior. Though they could struggle internally, they can express their turmoils through the fine arts. In our student-led research we found that thirty-four percent of artists were found to have mental instability. Sylvia Plath was known for detailed poems about her depression before committing suicide (Berman, 2015). According to the Stanford Journal of Neuroscience, “In this way, the illness actually alters perception and cognition to such an extent that the individual experiences life in a unique way. Some schizophrenics are able to communicate the fantastical thoughts brought by their disease into image, music, or prose”

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From our student-led research, we conducted an observation of 50 artists that were the most influential over history. From our research, we found that 34 percent of the painters were mentally or emotionally unstable. According to NAMI, 18.5% of adults in the U.S. experience mental illness in a given year, which shows that creative people and artists have a higher connection to mental instability and illness than the average person.

Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

Resource Page

Cromie, W. J. (2003, October 23). "Creativity tied to mental illness." *Harvard News*. Retrieved from <http://news.harvard.edu/gazette/story/2003/10/creativity-tied-to-mental-illness/>

Woods, M. (n.d.). "Creativity and Mood Disorder: Is there a link?" Retrieved from <http://scaventura.com/hl/?/25574/Creativity-and-Mood-Disorders--Is-There-a-Link-&com.dotmarketing.htmlpage.language=1>

"The relationship between creativity and mood disorders" Andreasen C, Nancy. June 10 2008 Dialogues in clinical neuroscience

Hammond, C. (2016, February 25). "Does mental illness enhance creativity?" *BBC*.

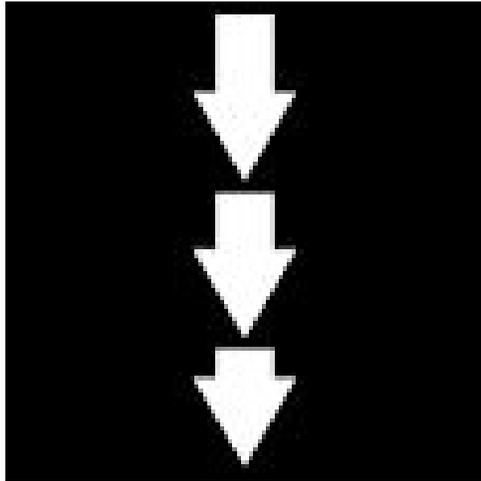
Berman, A. (2015, August 4). "8 artist who suffered from mental illness." Retrieved from <http://www.mnn.com/lifestyle/arts-culture/stories/8-artists-who-suffered-mental-illness>

Adams, W. L. (2014, January 22). "The dark side of creativity: Depression anxiety x madness = genius?" *CNN*. Retrieved from <http://www.cnn.com/2014/01/22/world/the-dark-side-of-creativity-vincent-van-gogh/>

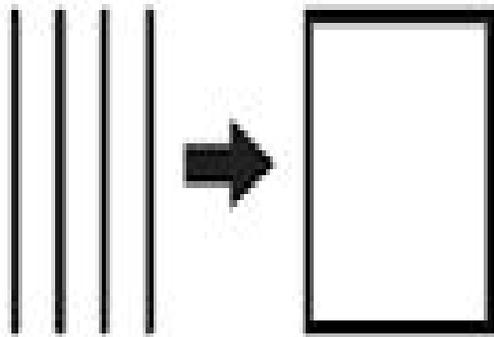
Sussman, A. (2014). Mental Illness and Creativity: A Neurological View of the "Tortured Artist" . *Stanford Journal of Neuroscience*. Retrieved from <https://web.stanford.edu/group/cosign/Sussman.pdf>.

Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

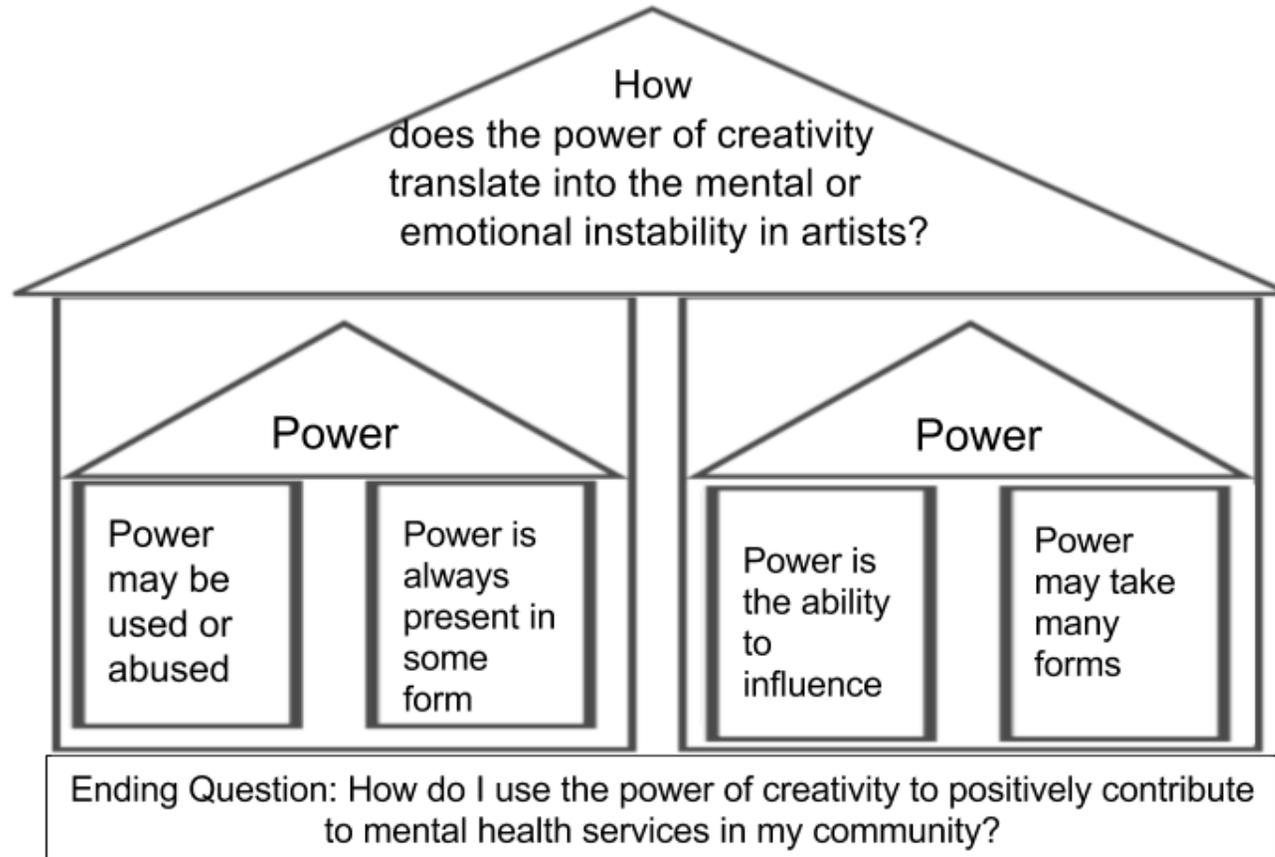
Contribution



Translate



Driving Question: How does the power of creativity translate into mental or emotional instability in artists?



Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

Driving Question: How does the power of creativity translate into mental or emotional instability in an artist?

Names of student researchers: Tina Vu and Danali Olivares

Grade level: 8th

Mentor teacher: Ms. Park and Mr. Cisneros

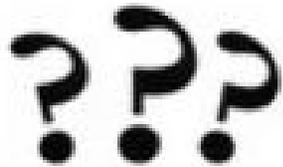
Special notes about handling and or placement or presentation space needed:

Driving Question: How does the power of creativity translate into mental or emotional instability in artists?

Ending question: Where do I fit in?

How do I use the power of creativity to positively contribute to mental health services in my community?

Unanswered question



Unanswered Questions