

Mental Health Awareness Through Online Sanity Tests

Whenever we feel confused or we don't understand what is going on, and when we feel that we are getting overwhelmed by the turn of events that we almost lose a grip on reality... we tend to think that we may be going nuts or getting crazy.

Insanity, or madness, is a behavior caused by mental instability. Merriam-Webster defines it as a deranged state of the mind or lack of understanding. Insanity can be considered as poor health of the mind, not necessarily of the brain as an organ, which can affect mental health. People who go insane suffer from a defect in their mental processes or functions such as reasoning.

The term insanity encompasses mental disorders such as schizophrenia and other psychotic disorders. These mental disorders are characterized by social withdrawal, deterioration of personal care, inability to perceive oneself as a separate entity, rapid shifting of thought and topic, autistic absorption, hallucinatory symptoms, delusions and often depersonalization. Symptoms can be singular or combined with a wide variation among sufferers. Motor activity is generally reduced and appearance become bizarre while perceptual and conversational distortions are evident.

Schizophrenia is a psychotic symptom which continue for at least six months coupled with the deterioration of occupational and social functioning.

During a psychotic episode a person is confused about reality and often experiences delusions and/or hallucinations.

Delusions are described as false, inaccurate beliefs that the person holds onto even when he or she is presented with accurate information. When a person's belief about one's importance or station in life is grossly out of proportion to what is really true, the person is experiencing grandiose delusion.

A perfect example is someone who claims to being Jesus Christ, or anybody who is an important figure and well-known. On the other hand, when a person believes that there is a conspiracy to harass, punish, or attack him or her, the person is having persecutory delusion. Usually, the person might also believe that the group to which one belongs is being harassed or punished.

Hallucinations are internal sensory perceptions of sights and sounds that are not actually present. People with visual hallucinations may see the image of something that is not real, such as another person. People who have auditory hallucinations hear something that is not really present, such as hearing a voice calling.

Mental health is a concern too often neglected by many of us. Thanks to the Internet, today, there are various websites that you can check which offer online quizzes designed to assess aspects of your mental health, including your risk for depression, anxiety and other emotional disorders. Sanity tests, which may take up to 15 minutes, are based on scientifically validated mental health assessments. Questionnaires are similar with those that a mental health professional might ask about mood and eating and sleeping habits. According to Dr. John Grohol, a psychologist who has created his own sanity site, the score is a numerical expression of your overall emotional health.

However, the mental health community has not officially sanctioned any test to measure one's sanity. Therefore, one should not make any drastic health decisions based on these results. Still, the insight into your state of mind may offer self-awareness and could prompt you an overdue discussion with your doctor regarding appropriate therapy. Seeking professional advice to help sort out your mental health concerns and identifying areas of mental stress is always necessary.

About the Author

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