



Krystal Duckett Divulges the Most Common Misdiagnosis in Mental Health

Industry professional, Krystal Duckett sheds light on the common mental health misdiagnosis.

SARASOTA, FL, UNITED STATES, August 10, 2018 /EINPresswire.com/ -- Mental health can be difficult to diagnose. There are many factors that influence a diagnosis. While personal medical history is a factor, there are other considerations that are unique to each patient. Each condition is unique. Therefore, it should be treated individually.

Unfortunately, that often isn't the case. There are a few health misdiagnoses that are common. Industry leader, [Krystal Duckett](#) explains the most common misdiagnosis in mental health.

Bipolar Disorder

A person who is suffering from untreated Bipolar Disorder can be a danger to themselves and others. This is an extremely harrowing mental illness, which affects all aspects of the patient's life in varying degrees. A bipolar person has incredible mood swings, which go from euphorically high or productive (manic) to dangerously low (depressed).

Unfortunately, misdiagnoses are common. Since people usually seek treatment while in the throes of either mania or depression, their symptoms differ. This can lead to treatment which is inaccurate and can be dangerous to the patient's condition.

Post-Traumatic Stress Disorder (PTSD)

PTSD is a common and dangerous mental illness. PTSD is commonly a condition that plagues soldiers. However, any traumatic event can trigger the onset of PTSD.

According to a study, between 2005 and 2007, hundreds of soldiers were misdiagnosed and discharged from the United States Military. In the wake of these findings, the rate of personality disorder diagnosis throughout the US Military dropped seventy-five percent. This led to policy changes and better mental health vetting systems.

Misdiagnosis of PTSD is common. Therefore, it is often treated as Anxiety, Depression, Bipolar Disorder, Schizophrenia, or Borderline Personality Disorder. While this might be treating a symptom of PTSD, it is ineffective in helping the affected person manage daily life. Sadly, it's extremely common for therapists to misdiagnose this disorder.

Borderline Personality Disorder

Borderline Personality Disorder affects a patient's sense of self and identity. Symptoms include mood swings, inability to manage a stable relationship, impulsivity, and feeling worthless. This disorder is manageable. Although, proper diagnosis is essential for management.

Unfortunately, due to the similarities between other often misdiagnosed disorders, Borderline Personality Disorder often goes untreated. Instead, patients seeking help are treated for Bipolar Disorder, Depression, PTSD, or ADHD. Again, it takes a skilled therapist to decipher the differences. Yet, ineffectiveness, despite the difficulty, is unacceptable. Sadly, this could be

detrimental to their wellbeing and can often hurt instead of healing.

Once diagnosed, everyone accepts this diagnosis, even if the person is still suffering. This can lead to worsening symptoms, considering everyone around them, doctors included are insisting that they should be feeling better. Plus, if the therapist doesn't dig deeper, the misdiagnosis will remain. Therefore, proper treatment eludes the patient. Commonly, a decade of treatment will pass with the misdiagnosis going unnoticed.

In summation, the practice and correct diagnosis of mental illness is still evolving. [Krystal Duckett is passionate](#) about raising awareness for misdiagnosis and getting patients the help, they need.

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