Mental State Examination

Your Name (First M. Last)

Date

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**Introduction**

Mental illness is one major concern that affects many people around the globe. There is a need for timely and appropriate diagnosis of the actual psychological issue faced by the individuals (Elices et al., 2012). This form of consideration eventually helps to provide a better practical approach in case of those people who suffer from different sorts of mental illness. Schizophrenia is recognised as one of the critical issues appeared in the form of mental illness (Javitt & Coyle, 2004). It is established as one chronic kind of mental instability that makes proper functioning of life difficult for the patients. It is interesting to mention that many movie makers use the subject of schizophrenia in their films to highlight various difficulties associated with this particular problem (Nordahl-Hansen, Tøndevold, & Fletcher-Watson, 2018). The movie with the title, “A Beautiful Mind” is one significant example that attempted to highlight different aspects of the mental illness particularly in the form of schizophrenia. A character of Professor Nash was selected as the lead character in the movie that suffered from the immense complications of the problem of schizophrenia. Here the main focus is to apply the approach of mental state examination (MSE) on the character of Professor Nash under the DSM V criteria to examine different domains of the mental illness issue of schizophrenia.

**Discussion**

Consideration of MSE guides to apply different forms of knowledge and assessment tools to effectively and efficiently understand the mental condition of the client. This theoretical approach can also successfully apply in case of the character of Professor Nash in the selected movie.

**Approach of Mental State Examination (MSE)**

The main objective of MSE is to obtaining a detailed cross-sectional description of the mental state of the client in a structured manner (Tolentino & Schmidt, 2018). This sort of knowledge ultimately helps the psychiatrist to better understand the mental condition of the client and adopt the approaches of correct diagnosis and formulation (Armour, Műllerová, & Elhai, 2016). Appearance, behaviour, speech, mood, and affect, thought, perception, cognition, insight, and judgment are established as basic indicators to attain better information about the overall psychological approach of the patient (Alexander, Lenahan, & Pavlov, 2005). Critical consideration of these aspects can also be helpful to analyse the character of Professor Nash in the film. This form of assessment ultimately assists to offer better solutions to handle the main psychological concern of schizophrenia.

**Analysis of Character**

It is significant to get a brief background of the character of Professor Nash in the movie to established better arguments about the mental illness of the character. It is interesting to notice that the particular movie of “A Beautiful Mind” comprised on the real-life events of Professor Nash who delivered the concept of game theory to the world. It is observed that Nash was an intelligent young man from the area of West Virginia. Due to his command on the subject of mathematics, he successfully presents a game theory or Nash equilibrium which greatly influence the theoretical paradigms of the subject of economics. It is critical to examine how the extraordinary mind of Professor Nash had a psychological disorder that eventually adversely impact his routine functioning in life. Different features of the theoretical concepts of MSE appeared in case of the issue of schizophrenia for Professor Nash. These particular domains prominently witnessed in the forms of chronic deficiency of cognitive procedures, personality integration, affective troubling, and the phenomenon of social extraction. All these practical facets eventually restrict the active functioning of Nash in life. It is observed that ineffective operations of brain detached Professor Nash from the activities of the outer world. Imbalance approach between the operations of the brain and the actual reality of the world cause immense mental concern for the character of Professor Nash. This specific perspective established as the issue of schizophrenia. The mental disease of schizophrenia defines as the issue of the brain when there is conflict exist when the mind starts interfering with the actual functions of the brain. This form of imbalance approach eventually creates different serious psychological concerns in the form of trigger symptoms. Referring to the particular character of Professor Nash, these warning signs established in the forms of hallucinations, delusions, disorganization of the domains of movement and speech, and the disconnection with the activities of the real world. These were the major difficulties faced by Professor Nash due to the psychological concern of schizophrenia.

When it comes to the assessment of the mental illness in a particular case of the character of Professor Nash than there are some significant signs of MSE approach that helps to determine his mental condition. Overall appearance, behavior, thought, speech and mood and effect are the specific aspects of MSE that appeared in the case of Professor Nash. These specific psychological instruments help to determine about the mental instability of Professor Nash. These aspects play their role as major indicators to determine the overall psychological damage faced by the character of Professor Nash in the movie. Consideration of these aspects further helps to determine whether the issue of schizophrenia was correctly portrayed by the director or not.

The particular film scene of the development of the first imaginary character by Professor Nash is selected to attain better outcomes about the different perspectives of mental illness examination (Wall & Rossen, 2004). Analysis of this particular scene can be characterised as the effective approach to determine the actual condition of the schizophrenia developed in case of the character of Professor Nash. It is observed that that Professor Nash start suffering from the issue of hallucination in the form of development of the imaginary character of his roommate Charles Herman, who was the student of English literature. Undoubtedly, it was a specific point in Professor Nash’s life when he starts suffering from the problem of mental concern in the form of schizophrenia. Gradually, his mental instability appeared in the form of his action and behaviour with others (Wedding & Niemiec, 2014). The detailing of the concerns of the mental condition of Professor Nash reveals that he suffered from the problem of paranoid schizophrenia (Widiger & Costa Jr, 2013). He went through with the issue of split mind that eventually negatively affect his functioning in daily life. Proper consideration of the particular film scene of the development of the first imaginary character by professor Nash is important because it was the particular phase when he starts witnessing the uncomfortable operations of his mind. It was the point when his mental instability eventually appeared in the form of his actions thought process, behaviour, and different forms of actions. It is observed that the development of the imaginary characters in different forms immensely damages his functioning with the real-life world.

Depiction of abnormal behaviour of Professor Nash assists to determine the magnitude of mental issue faced by him in his life. It is important to indicate that instability of his mind ultimately appeared in the form of unrealistic behavioural domains adopted by Professor Nash. Suffering the problem of illusions is a major aspect associated with the personality of Professor Nash that clearly indicates about his mental variability. Clear symptoms in the case of Professor Nash helps to determine that he facing the issue of a split from reality and trapped himself in the form of disorganised thinking. When it comes to the identification of aspects of MSE than disorganised thinking domains, disturbed forms of perceptions, and the inappropriate delivery of emotions and actions are the fundamental aspects in case of the problematic mental condition of Professor Nash.

**Consideration of DSM V Criteria**

Adoption of the particular assessment criteria is important to make better inferences about the mental conditions portrayed in the film in case of the character of Professor Nash. DSM V criteria are established as one useful theoretical approach to analysing the overall psychological concerns in the form of issue of schizophrenia. The considered standard is one helpful approach to evaluate the mental insecurities and anxieties faced by Professor Nash due to the improper functioning of his mind. It is established as the standard reference that is used by the healthcare providers to ensure proper diagnosis of the mental and behavioural aspects. This particular prospect can also be helpful to assess the particular signs of schizophrenia in case of the character of Professor Nash in the movie. DSM V criteria used as the diagnostic manual to determine the intensity of the mental illness faced by the client. This particular prospect can also effectively apply in case of the character of Professor Nash to determine the actual approach of mental instability and the illusions that turned as the psychological concern of schizophrenia.

It is critical to mention that Nash faced the problem of disillusion as he could not believe that he was suffering from any form of mental illness. This particular perspective revealed as the approach of delusional when a patient in the form of Professor Nash did not agree to face any mental issue. It is also crucial to indicate that the issue of paranoid specifier is somewhat omitted in the specific concern of DSM V criteria. When it comes to the consideration of the certain standard of DSM V criteria in case of Professor Nash than it is established that delusions and hallucinations are the major mental concerns that were faced by Nash in the movie. Improper social and professional functioning is another aspect of consideration to determine the mental illness faced by professor Nash. The delusional approach of Professor Nash eventually indicates in the form of crucial MSE indicators. The plot of the movie indicates that he walked the corridors of the university, with the approach of negative symptoms. These particular signs can reveal in the forms of negative behaviour for the world and dressed in unmatched style. The way he was walking was the sure sign in the form of appearance that indicates about his deteriorating mental condition.

**Conclusion**

To conclude the discussion about the character analysis of Professor Nash in the movie, “A Beautiful Mind”, it is important to mention that this particular character is one good example to figure out different problematic dimensions of schizophrenia. Explanation of different assessment signs of the mental instability further helps to offer better formulation plan for the patient who suffers from the problem of schizophrenia.

**Formulation of Treatment Plan**

When it comes to the adoption of proper formulation of a plan of treatment for the patients who suffer from the problem of schizophrenia than it is critical to indicate that it is a multi-phased approach. Setting goals is the first step to lead the practical line of action. These particular objectives established as the reduction or elimination of symptoms, enhancing the quality of life, and ensuring recovery of patients in case of different forms of life.

Psychiatric management is another major aspect of the overall domain of the formulation of a treatment plan for the patient (Akram, O’brien, O’neill, & Latham, 2009). This specific phase starts with the assessment of the particular symptoms that help to establish a better form of diagnosis. Development of a comprehensive plan of treatment is also an integral part to implement the desired forms of treatment for the patients who suffer from the problem of schizophrenia.

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