Alan Alexander Milne: **Winnie-the-Pooh**

* **What is the real name of Pooh?**

Winnie-the-Pooh (also known as Edward Bear, Pooh Bear or simply Pooh) is a fictional anthropomorphic teddy bear created by English author A. A. Milne and English illustrator E. H. Shepard.

* **What is the age of Winnie-the-Pooh?**

Winnie the Pooh has been a childhood favorite for generations. Originally created in 1926, his stories have sparked wholesome, honey-loving, childhood dreams for nearly a century.

* **What was Winnie-the-Pooh´s first name?**

But that bear wasn't named Winnie: he was initially called Edward. The name Winnie came later, from a brown bear that young Christopher Robin Milne visited in the London Zoo.

* **What was Winnie the Pooh based on?**

A. Milne named the character Winnie-the-Pooh after a teddy bear owned by his son, Christopher Robin Milne, on whom the character Christopher Robin was based. Shepard in turn based his illustrations of Pooh on his own son's teddy bear named Growler, instead of Christopher Robin's bear.

* **What is Winnie-the-Pooh ´s personality?**

Winnie-the-Pooh, or Pooh for short, is an anthropomorphic, soft-voiced, cuddly, loveable, and quiet bear and the main protagonist. Despite being naïve and slow-witted, he is a friendly, thoughtful, and sometimes insightful character who is always willing to help his friends and try his best.

* **Is Piglet a boy or a girl?** species: pig gender: male
* **How old is Piglet?**

Piglets: pigs from birth until weaning (at 2-4 weeks).

Weaners: pigs from weaning until the age of 10 weeks.

* **How old is Eeyore?** 40, male, enemies: bees
* **Why is Tigger called that?**

Tigger first appeared as a character in A.A. Milne's The House at Pooh Corner in 1928. The character was named after a stuffed tiger belonging to Milne's son, Christopher Robin Milne.

* **How does Winnie-the-Pooh end?**

At the end of the Winnie-the-Pooh story, Christopher Robin takes Pooh to the Enchanted Place at Galleons Lap and basically lets Pooh know in ambiguous terms that this is the end of their adventures together. “You see,” began Christopher with a long sigh. “It's like sleeping for a long, long time.”

* **Mental health disorders in the characters?**

<https://www.abmhealthservices.com/winnie-the-pooh-mental-health>



We all love and adore the children’s shows and movies about Winnie the Pooh and friends. The lovable, giddy, relatable characters like Pooh Bear, Piglet, Christopher Robinson, Tigger, Eeyore, Roo, Rabbit, and Owl all have some sort of special place in our hearts.

Some characters we may feel a certain attraction or closeness too but why is that?

These children’s fiction characters are also excellent representations of what different mental illnesses and struggles can look like.

It can be stated that each of the main characters resemble a mental illness.

Pooh represents an **eating disorder**. Piglet represents an **anxiety disorder**. Tigger represents **attention-deficit hyperactivity disorder** (ADHD). Eeyore represents major **depressive disorder**. Rabbit represents **obsessive compulsive disorder** (OCD). Owl represents **narcissistic personality disorder**. Christopher Robinson represents **schizophrenia**.

Each of these characters may present and behave in a way that showcases the symptoms of these disorders, but what are these disorders? And how do these characters fit these mental disorders and illnesses?

* **Binge eating disorder**

is repeated binge eating disorders that occur at least once a week for at least 3 months. The binge eating episodes must include several features such as eating fast, eating even if not hungry, eating past feeling full, and feeling bad about eating so much. No compensatory behavior is present. It is typically associated with obesity and history of dieting with a BMI over 30 but only 2-25% of obese people meet criteria for Binge Eating Disorder. It is often comorbid with **mood disorders, anxiety disorders, conduct disorder, and substance use disorders**. Risk factors include childhood obesity, critical comments about being overweight, weight-loss attempts in childhood, low self-concept, depression, and childhood physical or sexual abuse. It is more prevalent in women and more prevalent than **anorexia** or **bulimia**. It is equally prevalent among Euro-, African-, Asian-, and Hispanic Americans.

* **Generalized anxiety disorder**

is excessive, uncontrollable, and long-lasting worry about minor things. Worry is the cognitive tendency to chew on a problem and to be unable to let go of it. Common worries include relationships, health, finances, and daily hassles. This disorder typically begins in adolescence and includes **difficulty concentrating, tiring easily, restlessness, irritability, and muscle tension**. The DSM-5 criteria for generalized anxiety disorder are excessive anxiety and worry at least 50% of days about multiple domains of event or activities such as family, health, finances, work, and school. The person will find it hard to control the worry and the anxiety and worry are associated with at least three, or one in children, symptoms including **restlessness of feeling keyed up or on edge, tiring easily, difficulty concentrating or mind going blank, irritability, muscle tension, and sleep disturbance**.

* **Attention-Deficit/Hyperactivity Disorder**

is characterized by hyperactive behaviors that are extreme for a particular developmental period, persistent across different impairment situations, and linking to **significant impairments in functioning**. There may be particularly difficulty controlling their activity in situations that call for **sitting still** such as classrooms. They may also have trouble **getting along** with peers caused. By aggressive and intrusive behaviors, difficulty noticing subtle social cues, and **being singled out** very quickly and **rejected or neglected** by peers.

* **Major depressive disorder**

is a sad mood or loss of interest and pleasure with at least 5 symptoms present. Symptoms include **sleeping too much or too little, psychomotor retardation or agitation, poor appetite and weight loos, or increased appetite and weight gain, loss of energy, feelings of worthlessness or excessive guilt, difficulty concentrating, thinking, or making decisions, or recurrent thoughts of death or suicide**. These symptoms are present nearly every day, most of the day, and for at least two weeks and are distinct from and more severe than a normative response to significant loss. **Major depressive disorder I** is episodic where symptoms tend to dissipate over time and recurrent where once depression occurs, future episodes are likely. Among people with a first depressive episode 15% report persistent depressive symptoms and 50% report at least one additional episode. Major depressive disorder II is useful to consider depression symptoms as a continuum of severity and patients may present with quite varied symptom presentations.

* **Obsessive-compulsive disorder**

is a diagnosis based on the presence of **obsessions and/or compulsions** in which most people experience both and often before the age of 14. Obsessions are **intrusive and persistent thoughts, images, or impulses that are uncontrollable and are often experienced as irrational**. Typically, a person spends hours immersed in obsessions with the most common obsessions being contamination, responsibility for harm, sex and morality, violence, religion, and symmetry/order. Compulsions are repetitive, clearly excessive behaviors or mental acts to reduce anxiety and are extremely difficult to resist the impulses that may involve elaborate behavioral rituals. Compulsive gambling, eating, etc are NOT considered compulsions because they are pleasurable. Compulsions are motivated by the desire to reduce anxiety. The DSM-5 criteria defined obsessions by recurrent, intrusive, persistent unwanted thoughts, urger, or images in which the person has tried to ignore, suppress, or neutralize the thoughts, urges, or images. Compulsions are defined by repetitive behaviors or thoughts that the person feels compelled to perform to prevent distress or a dreaded event. The person feels driven to perform the repetitive behaviors or thoughts in response to obsessions or according to rigid rules and the acts are excessive or unlikely to prevent the dreaded situation. The obsessions or compulsions are either time consuming of more than 1 hour per day or cause clinically significant distress and/or impairment.

* **Narcissistic personality disorder**

is a grandiose view of self with preoccupied fantasies of great success. **Self-centred is the demand of constant attention, lack of empathy, feelings of arrogance, envy, entitlement, and view of themselves as superior to others**. The primary goal of interaction with others is to bolster their own self-esteem. They value **being admired** more than gaining closeness and tend to seek out high status partners. They are highly likely to be vindictive and aggressive when faced with a competitive threat or a put-down.

* **Schizophrenia**

influences the way a person thinks, feels, and behaves. **It involves disordered thinking where ideas are not logically related, faulty perception and attention, lack of emotional expressiveness, and disturbances in movement or behavior**. Widespread disruptions in life occur that range from maintaining jobs, living independently, an having close relationships. Schizophrenia is **one of the most stigmatized psychological disorders** and has high rates of substance use, suicide, and mortality rates. The lifetime prevalence is approximately 1% and affects men slightly more often than women. Schizophrenia is diagnosed more frequently in African and Latino Americans and appears to reflect a bias among clinicians. The onset typically occurs in late adolescence/early adulthood however, men are diagnosed at a slightly earlier age. People often experience several **acute episodes** with less severe symptoms between episodes. The DSM-5 criteria for schizophrenia are two or more of **symptoms such as delusions, hallucinations, disorganized speech, disorganized (catatonic) behavior, and negative symptoms such as diminished motivation or emotional expression** for at least one month. One symptom should either be delusions, hallucinations, or disorganized speech. Functioning in work, relationships, or self-care will have declined since onset and signs of disorder are present for at least 6 months. During a prodromal or residual phase, negative symptoms or two or more symptoms of delusions, hallucinations, disorganized speech, or disorganized (catatonic) behavior are in a less severe form.

* **What could be wrong in the Winnie-the-Pooh's world?**

In the beautiful Hundred Acre Wood, a boy plays with his friends - what could be wrong in this fictional world? After all, whole generations love the story about Winnie-the-Pooh since childhood.

However, **Professors Dr. Sarah E. Shea (M.D.), Dr. Kevin Gordon (M.D.)** looked closely at all the characters in Alan Milne's stories loved by everyone from the point of view of psychoanalysis and found out that the characters have certain **psychological deviations**, and some even show **symptoms of serious psychological illnesses**.

* **What is your favorite character in the story?**

As it turned out, this seemingly innocent tale about a boy and his best friend, a bear, is just replete with psychological problems of its characters. Scientists found clear symptoms of serious psychological disorders in the behavior of each of the nine characters studied, so the inhabitants of the Hundred Acre Wood turned out to be not so carefree and charming.

* **Pooh pathology test** <https://psycho-tests.com/test/pooh-pathology-test>

Take the Pooh test and find out which of the protagonists you subconsciously associate yourself with, what phobias and disorders you're prone to, and what problems may lie behind this.

**Instructions:** you will be asked 36 questions; answer honestly, without thinking for too long. Note this test is intended solely for informational, educational and entertainment purposes; its results cannot replace the real help of a specialist and should not be used for making any decision or as a specialist's advice.

My result😊

Your Dominant Type(s):
Christopher Robin (Schizophrenia), Tigger (ADHD), Rabbit (OCD)

Christopher Robin shows clear symptoms of schizophrenia. This boy is sure that he can talk to animals, toys, hears non-existent voices. Several children`s personalities coexist in him, and he projects them onto his toys. He has memory problems, issues concerning awareness and perception of things. We see a complete lack of parental supervision. Perhaps that is why he invented his own parallel world - the Hundred Acre Wood. At first glance, this is an innocent world: Christopher Robin living in a beautiful forest surrounded by his faithful animal friends, but if we take a closer look, we see clear signs of a multitude of psychological disorders that Christopher Robin himself puts into his friends` behavior.

Tigger is a very sociable and nice character, but not the best role model. Unlike Winnie-the-Pooh, who has ADD, Tigger has ADHD (Attention Deficit Hyperactivity Disorder). He has so much energy that he starts doing a lot of things at the same time, but he can`t focus and bring at least one thing to a successful conclusion. He has a repetitive pattern of risky behavior because he is confident that he can do absolutely anything. Tigger has a dulled fear and self-preservation instinct - he easily and recklessly bursts into dangerous situations and, also agrees to try unknown substances. It`s difficult for him to learn from his own mistakes, hyperactivity provokes him to interfere in other people`s affairs and, also makes him an inattentive interlocutor.

Rabbit has OCD (Obsessive Compulsive Disorder). He is obsessed with the idea of idealization and order, constantly coming up with rules for himself and for everyone. Order is critically important for him - everything must be in its place and clean. An obsessive tendency towards strict organization is embodied in the idea of his own leadership, building a structure from others under his leadership. Rabbit is a perfectionist, he will always strive for the ideal in everything. He is prone to narcissism and, for some reason, he is sure that many animals of other species are his close relatives.

AND MANY MORE INTERESTING TESTS😊

|  |  |
| --- | --- |
| **What character are you?** <https://www.buzzfeed.com/sarasojakova/winnie-the-pooh-quiz4> |  |
|  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |
|  |  |