Abstract

Winnie the Pooh is a collection of stories about a loveable bear and his many friends, written by A. A. Milne. Many have speculated that each of the characters in these stories represents a different psychological disorder. This paper discusses the original theory with the DSM IV diagnoses along with current diagnostic criteria from the DSM-S. The DSM stands for the Diagnostic and Statistics Manual, which is the book with all the diagnostic criteria for psychological disorders. Further, this paper looks into the life of Milne, particularly his time in war, to see if there is any evidence that his war experience could have caused him to create characters to represent psychological disorders. I conclude that the Pooh characters did not represent different mental disorders, and instead Milne wanted these stories to be a sense of escape. He wanted to create a sense of nostalgia in his audience for the relatively innocent time before World War 1. These characters did show clear symptoms of many common psychological disorders, but this shows readers that they should have a less fearful and stigmatizing attitudes toward people with mental disorders.

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