

Psychopaths  
and  
Superheroes



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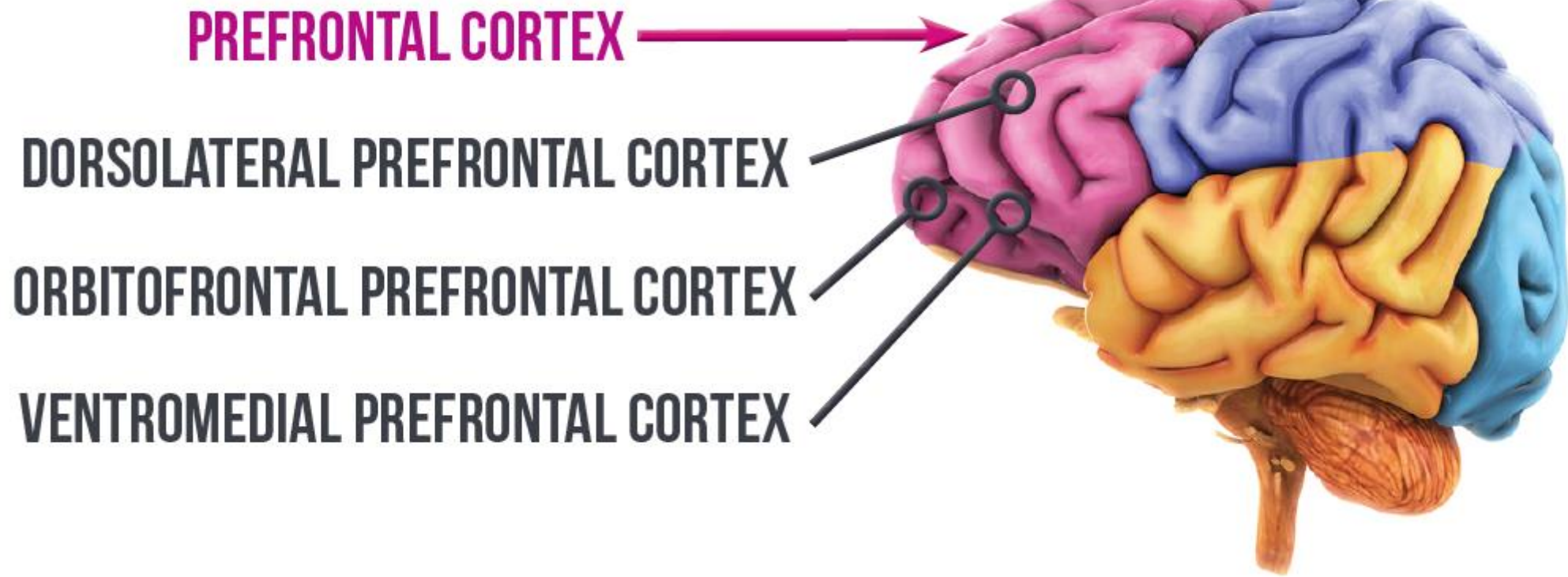
*All human beings are  
fundamentally selfish*

The sight of  
someone who is  
frightened  
elicits caring  
responses from  
those who see it.



# PSYCHOPATHY

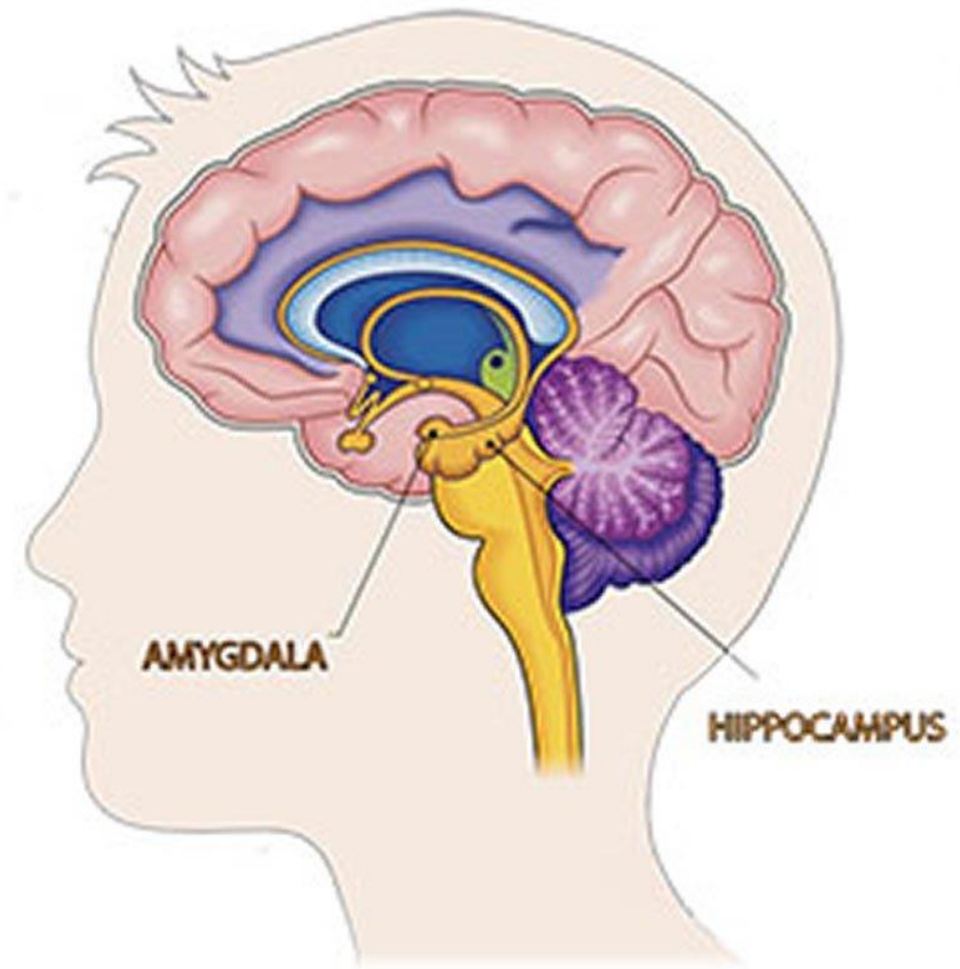
sometimes considered synonymous with sociopathy, is traditionally a personality disorder characterized by **persistent antisocial behavior**, impaired empathy and remorse, and bold, disinhibited, and egotistical traits.



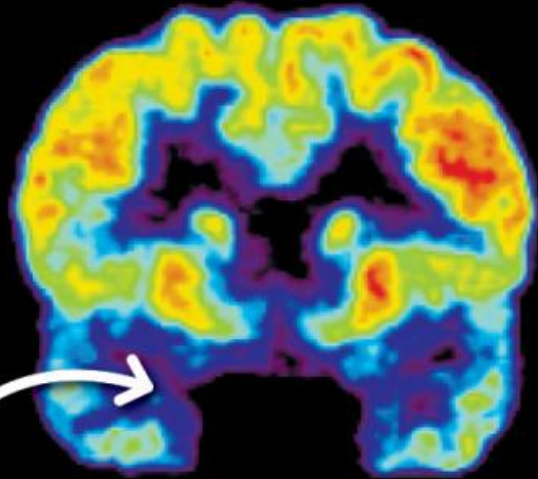
psychopaths have reduced connections between the **ventromedial prefrontal cortex** (vmPFC), the part of the brain responsible for sentiments such as empathy and guilt, and the **amygdala**, which mediates fear and anxiety.

In psychopaths, the researchers observed deformations in a part of the brain called the **amygdala**, with the psychopaths showing a thinning of the outer layer of that region called the cortex and, on average, an 18-percent volume reduction in this part of brain.

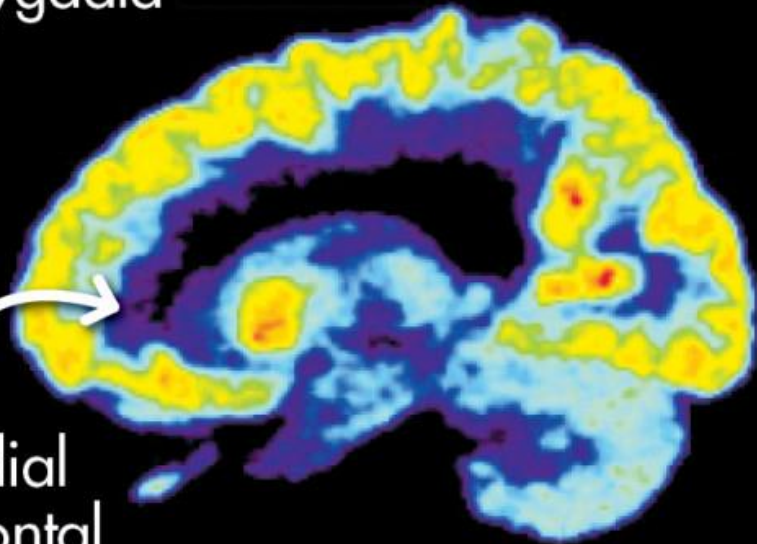
“The amygdala is the seat of emotion. Psychopaths lack emotion. They lack empathy, remorse, guilt,”



# NORMAL BRAIN

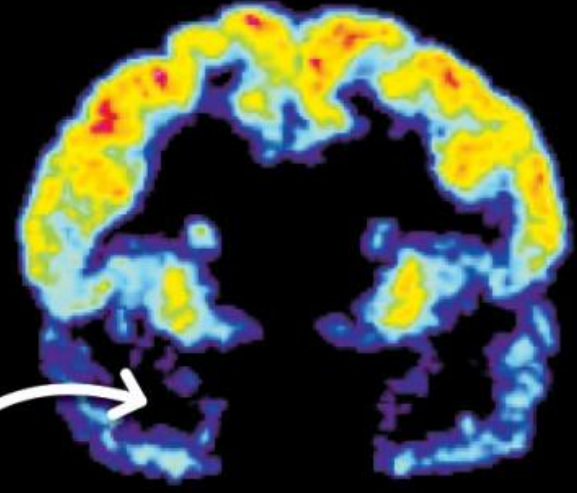


Amygdala

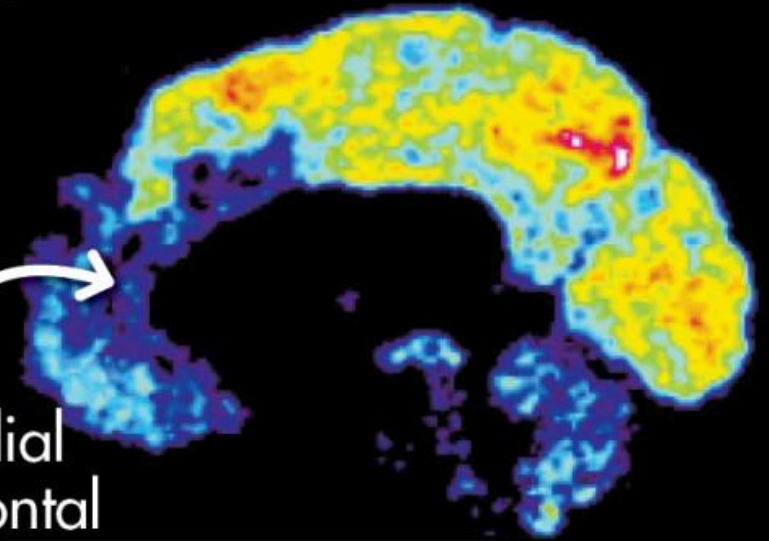


Medial  
prefrontal  
cortex

# PSYCHOPATH BRAIN

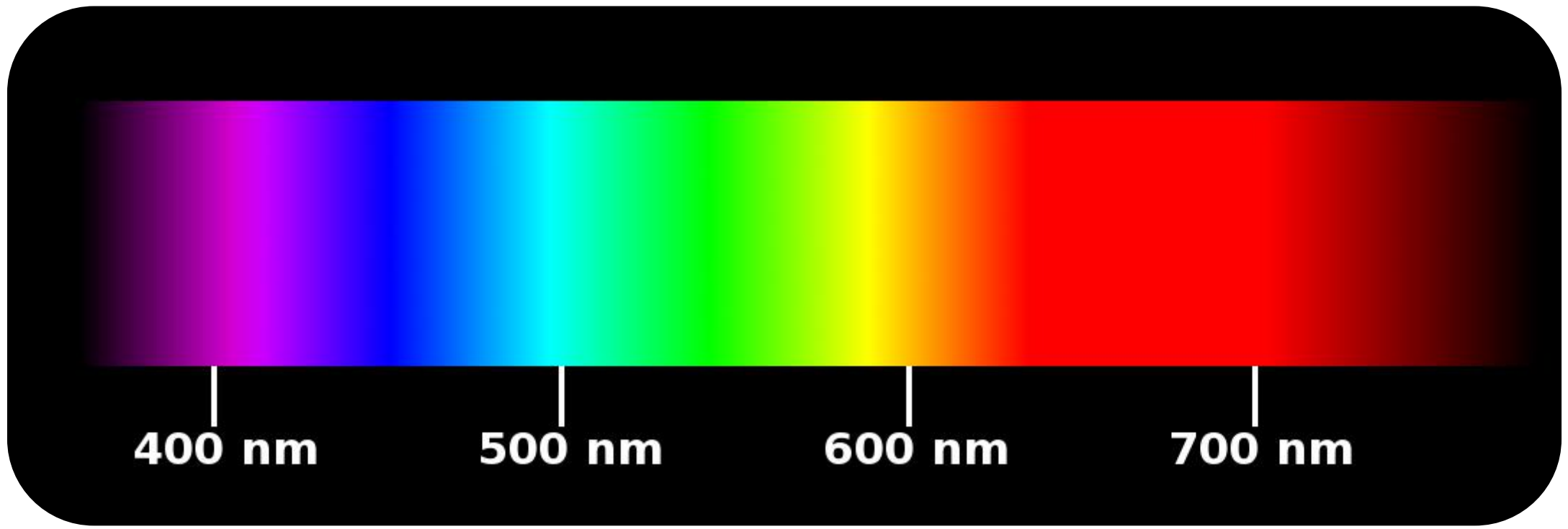
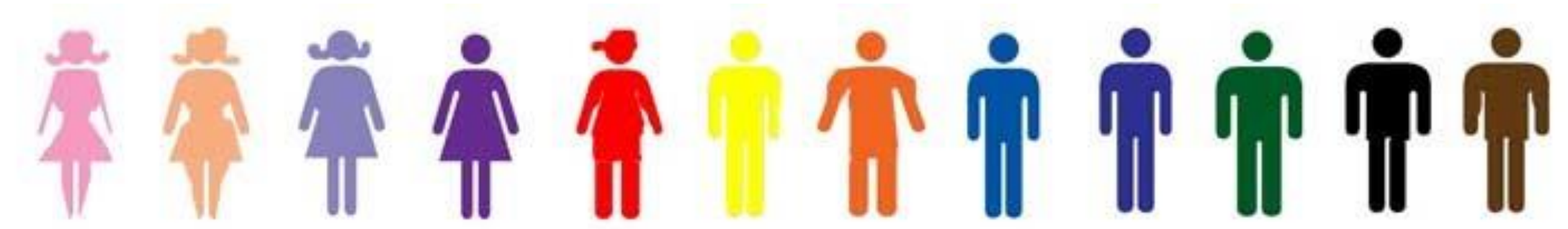


Amygdala



Medial  
prefrontal  
cortex





Psychopathy is a spectrum.

This suggests  
that there  
must be such a  
thing as an  
*anti-psychopath.*





# Altruism

the belief in or practice of disinterested and selfless concern for the well-being of others.

behavior of an animal that benefits another at its own expense.







# DOING GOOD DOES YOU GOOD

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing.



Mental Health  
Foundation

