



Client: Moonview Sanctuary

Publication: *LATimes.com*

Date: April 21, 2008

Website Views: 250,000-1,000,000
hits per month

Los Angeles Times

[‘American Idol’: Advice to the famous overnight](#)

04:23 PM PT, Apr 21 2008

Competing on “American Idol” has its benefits, like becoming famous overnight, but it also has its drawbacks, like -- well -- becoming famous overnight.

After all, fame affects people differently. Some stars spiral out of control, while others keep their pristine images intact. Which raises the question: Why? Why do some celebrities go the way of Britney Spears, while others, like Hilary Duff, tread through life with nary a nip slip? And, in terms of this blog, how will [David Archuleta](#), [Brooke White](#) and company cope with their newfound notoriety?

During a phone interview Friday, Dr. Terry Eagan, medical director of Southern California’s Moonview Sanctuary and a psychiatrist to the stars, listed a few little-known factors that can affect a celebrity’s mental health.

Who chose the path?

While some young adults seek out careers in show business themselves, others are led into the biz by their parents. According to Eagan, the ones who chose the path themselves tend to “have a more mature approach.”

Who’s the breadwinner?

Young performers experience added stress when “the families turn into feeders,” Eagan explained. At this juncture, the tremendous pressure of competing in show business is compounded by the pressure to support their family. When the family is on the payroll, Eagan

said, the performer “is not left with that feeling where you can just mess up” and it will all be OK.

If the star is religious

Religion is a double-edged sword. Sure, it can keep some young stars focused on morality, but according to Eagan, it can also cause extra stress. If your career as an actress or a singer requires you to “wear a short skirt or use dirty words,” your career becomes incompatible with your religion, and problems can arise.

If the star is involved in charitable work

“If you see a young person involving themselves in charity, that’s a really good sign,” Eagan pointed out. According to Eagan, involvement in charity indicates generosity and wisdom.

Eagan even helps patients learn “how to use your brand toward making the world a better place,” by pointing out that doing good creates a “nice karma boomerang.”

-- Stephanie Lysaght