

## Chapter 6

### Mood Disorders

Bipolar Disorder

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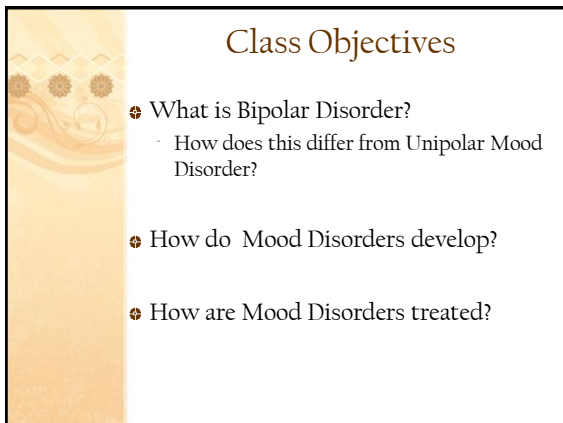
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### Class Objectives

- ❖ What is Bipolar Disorder?
  - How does this differ from Unipolar Mood Disorder?
- ❖ How do Mood Disorders develop?
- ❖ How are Mood Disorders treated?

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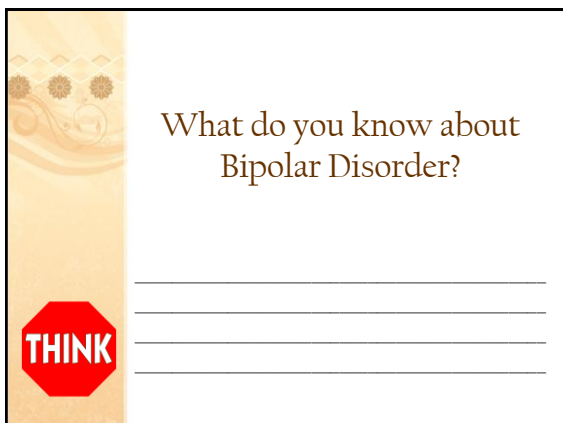
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### What do you know about Bipolar Disorder?



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Someone who alternates between depression and mania has "Bipolar disorder"

(formerly called Manic-Depressive illness.)

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Bipolar disorder

- ❖ Bipolar disorder, affects approximately 2.3 million adult Americans, about 1.2 percent of the population.

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- ❖ The disorder typically emerges in adolescence or early adulthood,
  - but in some cases appears in childhood.

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A Milder but more chronic version of bipolar is

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The symptoms are not as severe, patients cycle between mild depression and

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### Cyclothymic Disorder

- A person with this disorder tends to

\_\_\_\_\_

with few periods of neutral mood (Euthymia)

- This pattern of mood is chronic lasting at least 2 years.

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- The behavior is not severe enough to require hospitalization but the \_\_\_\_\_

- People with Cyclothymic disorder are at an increased risk of developing the more severe bipolar I or II.

- Bipolar I:

- Bipolar II: alternation of depression with \_\_\_\_\_

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### When does Bipolar emerge?

- On average, Bipolar disorder develops between the \_\_\_\_\_.

- Although childhood cases of bipolar have been documented (Weissman et al., 1991).
- It is relatively rare for a person to develop Bipolar disorder after the age of 40.

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### How much do you know?

True or false?

- Women are approximately twice as likely as men to be diagnosed with a mood disorder.

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### How much do you know?

True or false?

- It is often difficult to diagnose depression in the elderly because its symptoms are similar to those of medical problems or dementia.

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### How much do you know?

True or false?

- Depression requires life experiences, which is why young children cannot experience the disorder.

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## What Causes Mood Disorders?

Is it biology?




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### Is it in our genes?

- The best evidence that genes contribute to mood disorders comes from twin studies:

- \_\_\_\_\_  
\_\_\_\_\_

- Research suggests that an identical twin is 2-3 times more likely to present with a mood disorder than a fraternal twin if the first twin had a mood disorder (McGuffin, 2003).

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### Strong support for genetic contribution

- Studies examining bipolar disorder report:

- 66.7% of identical twins compared with only 18.9% of fraternal twins
- 45.6% versus 20.2% if the first twin had unipolar disorder.

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## What does this all mean?

This research suggests that severe

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## How much do life events effect mood disorders?




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## The Impact of Life Stressors

Research supports the notion that severe

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Major life stress is a strong predictor for  
initial episodes of depression  
(Brown et al, 1994).

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itself and there are some events that are particularly likely to lead to depression.

-Very common events are a break-up of a relationship or a death of a loved one.

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These stressful events often become “triggers” for mania and depression.

- Although almost everyone who becomes depressed has experienced a significant stressful event, most people who experience such events do not become depressed.

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Group work!

How can the development of a mood disorder be explained? Why don't all people who experience a life stressor develop depression?

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## Can your PERCEPTION cause depression?

People become anxious and depressed  
when they decide they have

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## Learned Helplessness

- ✿ This research has become an important model called the *learned helplessness theory of depression*.

- ✿ 

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## Perception is key

- ✿ Seligman discovered that a depressed person thought about the bad event in

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- People who have experienced depression in the past are more likely to accept depression in their future.

- Therefore less likely to attempt change.

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## Seligman's research on Learned Helplessness has become a major source in understanding and treating depression

The concept that thinking influences depression is currently one of the

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## Overcoming Depression

• Seligman suggests that people can overcome depression by learning new

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- This is the basis of cognitive therapy. In such therapies, the counselor challenges the client's beliefs and explanations of life's events.

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## Treatments for Mood Disorders

There are a variety of treatments for mood disorders that are proven effective.

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## Cognitive Behavioral Therapy (CBT)

• Aaron Beck also suggested that depression may result from a tendency to \_\_\_\_\_

- People with depression make the worst of everything.

- These negative thoughts \_\_\_\_\_

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## The "Depressive Triad"

• According to Beck, people who are depressed make cognitive errors in thinking negatively about:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## Cognitive Behavioral Therapy




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### Treatment Options

- ✿ Medications such as antidepressants, MAOI's and SSRI's are commonly used
  - The SSRIs and other newer medications that affect neurotransmitters such as dopamine or norepinephrine generally have fewer side effects.

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### When all else fails...

- ✿ ECT is one of the most dramatic and controversial therapies for psychological disorders.

- \_\_\_\_\_
- ✿ It is argued by some professionals that this treatment causes \_\_\_\_\_




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It is unknown why this treatment works. The electric shock produces a seizure. The seizure is the treatment and causes massive functional and structural changes in the brain (APA, 2003).

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Review the following videos  
on ECT

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Next Class

✿ Somatoform and Dissociative  
Disorders

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