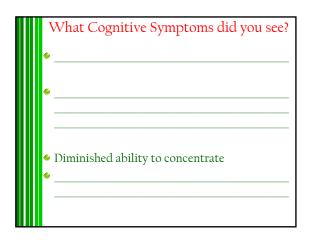
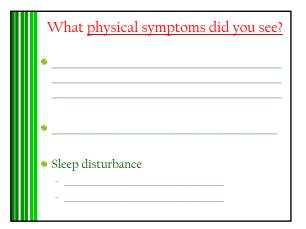


"Depression is like falling into a deep, dark hole that you cannot climb out of. You scream as you fall, but it seems like no one hears you. Some days you float upward without even trying; on other days you wish that you would hit bottom so that you would never fall again."







### Depressive Disorders

• DSM IV criteria indicate an extremely depressed mood state that lasts at least

 Social, occupational, educational or other important functioning must also be negatively impaired by the change in mood

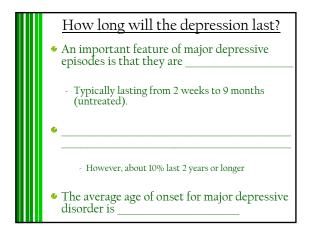
• The most easily recognized mood disorder is

 The DSM-IV lists nine symptoms for major depression, <u>five</u> or more which must be present over the same two-week period, including:

OR

### Major Depressive Disorder

- This disorder is defined by the absence of manic or hypo-manic episodes and can be diagnosed as either <u>single episode</u> or <u>recurrent</u>.
  - The occurrence of just one isolated depressive episode \_\_\_\_\_
  - About 85% of single episode cases will experience a
- If two or more major depressive episodes occur, separated by a period of two months of nondepression, then the diagnosis is



## Comorbidity?

\_\_\_\_\_is commonly comorbid with major depression.

- About \_\_\_\_\_\_ of those with a primary diagnosis of major depression also have an anxiety disorder (Barbee, 1998).

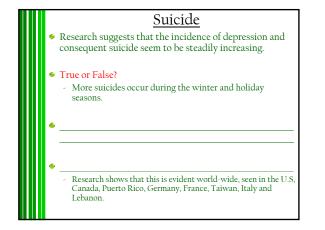
# How serious is depression?

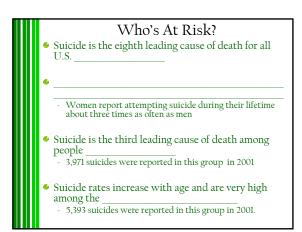
Approximately

\_\_\_each year in

the U.S.

The odds of suicide \_\_\_\_\_\_ when depression develops at earlier ages. Help is always available: 1-800-SUICIDE

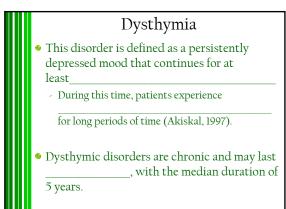


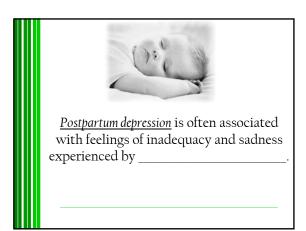


"I'm not crazy...I've just been in a bad mood for the last 30 years!"

shares many

of the same symptoms of major depressive disorder, but it differs in its course.



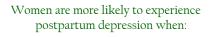


## Post-Partum Depression

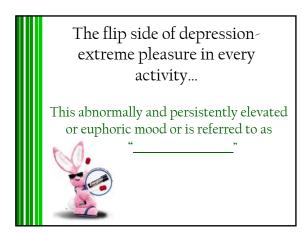
• This is like any other form of depression; it is

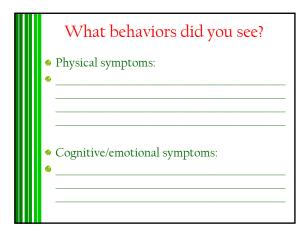
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- Ranging from the "baby blues" for a milder version to "\_\_\_\_\_" in the most severe form.
- Post Partum Depression lasting more than a few weeks has a long-term effect on the child and should be diagnosed as soon as possible (Goodman & Gotlib, 2002).



- Lack other adult support while adjusting to motherhood
- They have feelings \_\_\_\_\_







Need for little sleep

 Rapid and often incoherent speech known as "flights of ideas".

• This demonstrates the change in typical cognitive function due to the manic thoughts.

#### Mania

- Individuals who experience either depression or mania are classified as having a
  - - <u>Hypomania</u> is a \_\_\_\_\_ version of a manic episode

## Mania sounds like fun, but...

 During periods of mania it is common for patients to engage in \_\_\_\_\_\_

Spending sprees promiscuous behavior are very common.

	People with mania typically display <u>at least</u> <u>3</u> of the following characteristics:		
	Excessive involvement in pleasurable, but risky and reckless behaviors.	Increased physical and mental activity and energy with a decreased need for sleep	
	Excessive talkativeness	Racing speech, racing thoughts, flight of ideas	
	Impulsiveness, poor judgment, distractibility		



