

# Depressive and Bipolar Disorders

Chapter 7



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## Class Objectives

- What is Mania
- What is Bipolar Disorder?
  - Rapid-cycling
- Theories and treatments for Depressive and Bipolar Disorders

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The flip side of depression- extreme pleasure in every activity.

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## Mania includes symptoms of:



-Need for little sleep

(believing they can accomplish anything they desire.)

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## Criteria for a Manic Episode



- ☞ Inflated self-esteem or grandiosity
- ☞ Decreased need for sleep
- ☞ Pressure to keep talking
- ☞ Flight of ideas
- ☞ Distractibility
- ☞ Increase in goal-directed activity
- ☞ Excessive involvement in activities that have a high potential for painful consequences

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## How would you describe the client's speech and thinking?



☞Rapid and often incoherent speech known as

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



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## Manic Episodes



☞ Mania by itself does occur, but is rare. Almost everyone who suffers from unipolar mania, also suffers from unipolar depression.

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## Mania sounds like fun, but...



☞ During periods of mania it is common for

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- Spending sprees and promiscuous behavior are very common.

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## How can mania impact daily function?



Watch the following video and take note of the obvious cognitive dysfunctions and grandiose thoughts and how these impact behavior.



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## Diagnosis



☞ Duration of 1 week is needed to diagnose mania.

- Average duration of an untreated manic episode is 3-6 months

☞ Mania can become so disruptive that a patient may need hospitalization.

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Bipolar disorder is an alteration of Mania with Major Depressive episodes

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## Bipolar disorder

☞ Bipolar disorder, affects approximately 5.7 million American adults, (or about 2.6%) of the U.S. adult population throughout any given year.

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☞ \_\_\_\_\_

- At least 50% of all cases begin before the age of 25
- Men and women are equally likely to develop this illness.

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## Types of Bipolar Disorder



☞ *Bipolar I*: alternation of depression with \_\_\_\_\_

☞ *Bipolar II*: alternation of depression with \_\_\_\_\_

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## Rapid cycling Bipolar Disorder



☞ Individuals with bipolar disorder who have four to eight mood episodes within the course of a year.

- Major depression, mania, hypomania, or mixed-symptoms.

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## A Milder but more chronic version of bipolar is



The symptoms are not as severe, patients cycle between \_\_\_\_\_

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## Cyclothymic Disorder



☞ A person with this disorder tends to be in one state or the other for many

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

☞ Increased risk of developing the more severe Bipolar I or II.




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## What Causes Mood Disorders?



Biological Theories suggest that there are multiple genes that interact in complex ways with environmental risk factors.

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## Depressive disorders tend to run in families



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☞ 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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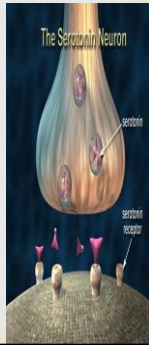
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# Biochemistry

Altered serotonin functioning plays an important role in causing genetically predisposed \_\_\_\_\_

- The best evidence for serotonin's role comes from studies in which individuals are experimentally deprived of tryptophan, an amino acid that aids the body in manufacturing serotonin (Cowen, 2008).
- This is also related to why SSRIs are so \_\_\_\_\_



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## What does this all mean?



It is important to remember that genetic predisposition interacts with environmental factors including stress, social support, and life events.

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## How much do life events effect mood disorders?

Life stressors and events are strongly \_\_\_\_\_



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The context and personal meaning to any event are more important than the actual event itself and there are some events that are particularly likely to lead to 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

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

- 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

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

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## Treatments for Depressive and Bipolar Disorders




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## Cognitive Behavioral Therapy (CBT)



☞ Aaron Beck also suggested that depression may result from a tendency to interpret everyday events in a \_\_\_\_\_

- People with depression make the worst of everything.

☞ These negative thoughts as "cognitive errors"

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## Treatment Options

☞ Medications such as antidepressants,

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- The SSRIs and other newer medications that affect neurotransmitters such as dopamine or norepinephrine generally have fewer side effects.

☞ Lithium has been prove effective in the treatment of acute mania and preventing the recurrence of manic episodes.




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## When all else fails...

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

- Used when a patient does not respond to other treatments.

☞ 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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## There are many ways to successfully treat mood disorders



There is no cure, but with proper treatment, many clients can live symptom-free.

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## Next Module



Dissociative and Somatic Symptom Disorders

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