

# Depressive and Bipolar Disorders

Chapter 7



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## Class Objectives

### Depressive Disorders

- Major Depressive Disorder
- Persistent Depressive Disorder
- Disruptive Mood Dysregulation Disorder
- Premenstrual Dysphoric Disorder (PMDD)

### Next Class:

- Bipolar Disorders

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## Depressive Disorders

A disorder that involves periods of symptoms in which an individual experiences an unusually intense sad mood.

The disorder's essential element is an unusually elevated sad mood, \_\_\_\_\_

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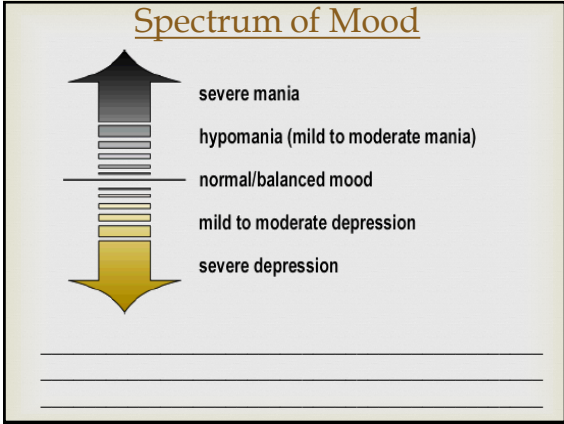
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## Major Depressive Disorder

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Acute, but time-limited, periods of depressive symptoms that are called major depressive episodes

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### Cognitive Symptoms of Depression



- ☞ \_\_\_\_\_
- ☞ Loss of interest in activities normally pleasurable
  - \_\_\_\_\_
- ☞ Diminished ability to \_\_\_\_\_
- ☞ Recurrent thoughts of \_\_\_\_\_

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Did you notice the client's belief that she was the "devil?"



-Delusions and/or hallucinations can occur when a person moves too far away from

\_\_\_\_\_

\_\_\_\_\_

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### Physical symptoms of Depression



- ☞ Noticeable loss of energy- \_\_\_\_\_
  - Physical disturbance (vegetative symptoms)
- ☞ \_\_\_\_\_
- ☞ Sleep disturbance
  - Insomnia
  - Hypersomnia




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## Depressive Disorders



☞ DSM 5 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

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## True or false?

Depression is not a common psychological disorder.




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☞ Each year \_\_\_\_\_ of the adult population receives a diagnosis of major depression.

☞ \_\_\_\_\_

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## True or False?

Men and women are effected by Major Depression at different rates.




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## Single episode or recurrent

☞ This disorder is defined by the absence of manic or hypo-manic episodes and can be diagnosed as either \_\_\_\_\_

- The occurrence of just one isolated depressive episode in a lifetime is \_\_\_\_\_
- About 60% of single episode cases will experience a second episode 70% will have a third, and 90% will have a fourth and meet criteria for recurrent

☞ If two or more major depressive episodes occur, separated by a period of two months of non-depression, then the diagnosis is \_\_\_\_\_

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## How long will the depression last?



☞ An important feature of major depressive episodes is that they are \_\_\_\_\_

- Typically lasting \_\_\_\_\_

☞ Almost all depressive episodes will diminish on their own without treatment

- However, about 10% last 2 years or longer

☞ The average age of onset for major depressive disorder is 25-29 years.

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## Peripartum Onset Specifier

☞ This is defined as the most recent episode occurring during pregnancy as well as in the \_\_\_\_\_

☞ This is like any other form of depression; it is a spectrum disorder

- Ranging from the "baby blues" for a milder version to "Post Partum Psychosis" 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).

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## Comorbidity?



☞ \_\_\_\_\_ is commonly comorbid with Major Depression.

- \_\_\_\_\_

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## Persistent Depressive Disorder (Dysthymia)



- ☞ This disorder is defined as a persistently depressed mood that continues \_\_\_\_\_
  - During this time, patients experience \_\_\_\_\_ symptoms for long periods of time. (median duration of 5 years).
  - These individuals are never symptom-free for an interval longer than 2 months
- ☞ The 12-month prevalence is 1.5 percent of the U.S. population.
  - Almost half of these (.8 percent of the adult population) classified as severe

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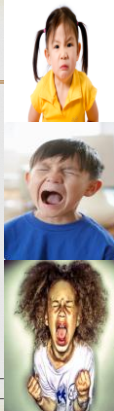
## Disruptive Mood Dysregulation Disorder

☞ A depressive disorder in children who exhibit \_\_\_\_\_

- Outbursts must be developmentally inappropriate and occur three or more times per week.

☞ Between outbursts, children with this disorder are extremely irritable or angry.

- Research suggests that they are at risk of \_\_\_\_\_




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## Premenstrual Dysphoric Disorder (PMDD)



☞ Depressed mood or changes in mood, irritability, dysphoria, and anxiety experienced by women during the premenstrual phase of the cycle.

- \_\_\_\_\_

☞ DSM-5 authors believed that better diagnosis and treatment could result for women who truly experience a highly exaggerated mood disturbance prior to their monthly menstrual cycle.

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Research suggests that the incidence of depression and consequent suicide seem to be steadily

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Approximately 750,000 people attempt suicide each year in the U.S.

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The odds of suicide *increase* when depression develops at earlier ages.

College students are very *at risk* for depression and suicide. If you or someone you know is battling with feelings of suicide please refer them to a professional.

Help is always available:  
1-800-SUICIDE  
1-800-273-TALK

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True or False?

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More suicides occur during the winter and holiday seasons.

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☞ \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

☞ In 2007, there were 34,598 suicides in the U.S.

- 94.8 suicides per day
- 1 suicide every 15.2 minutes.

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## Who's At Risk?

☞ Suicide is the eleventh overall leading cause of death.

☞ Males complete suicide at a rate 3.6 times that of females. However, females attempt suicide three times more often than males.

☞ Suicide ranks third as a cause of death among young (15-24) Americans behind accidents and homicides.

☞ Older adults (54-54 years old) have the highest rates of suicide (by age) followed by the elderly (75-84 years old).

☞ The absolute numbers of suicides is almost twice as high in younger adults (approximately 9,400) than in the 55- to 64-year-old age group (5,069).

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## Next Class

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☞ Mania and bipolar

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