

Chapter 6
Mood Disorders

Bipolar Disorder



Class Objectives

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

What do you know about Bipolar Disorder?

How would you describe this disorder to someone?





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

(formerly called Manic-Depressive illness.)

This disorder is a roller coaster ride of mood



Bipolar disorder

- ❖ Bipolar disorder, affects approximately 2.3 million adult Americans—about 1.2 percent of the population.
- Men and women are equally likely to develop this illness.
- ❖ The disorder typically emerges in adolescence or early adulthood,
 - but in some cases appears in childhood.



A Milder but more chronic version of bipolar is Cyclothymic disorder.

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

Cyclothymic Disorder

- A person with this disorder tends to be in one state or the other for many years with few periods of neutral mood (Euthymia)
 - This pattern of mood is chronic lasting at least 2 years.

- The behavior is not severe enough to require hospitalization but the fluctuations in mood are enough to interfere with functioning.
- People with Cyclothymic disorder are at an increased risk of developing the more severe bipolar I or II.
 - Bipolar I: alternation of depression with full manic episodes
 - Bipolar II: alternation of depression with hypomanic episodes

When does Bipolar emerge?

- On average, Bipolar disorder develops between the ages of 18-22.
 - 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.

How much do you know about
Mood Disorders?
True or false?

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

How much do you know?
True or false?

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

TRUE!

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.

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.

TRUE!

How much do you know?
True or false?

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

How much do you know?
True or false?

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

FALSE!

What Causes Mood Disorders?

Is it biology?



Is it in our genes?

- The best evidence that genes contribute to mood disorders comes from twin studies:
 - Where the frequency that identical twins have the disorder is compared.
- 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).

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.
- If one twin has unipolar disorder the chances of the other twin having bipolar disorder are slim to none.



What does this all mean?

This research suggests that severe mood disorders may have a stronger genetic contribution than less severe disorders



How much do life events effect mood disorders?

Life stressors and events are strongly related to the onset of mood disorders.



The Impact of Life Stressors

Research supports the notion that severe events precede all types of depression. Major life stress is a strong predictor for initial episodes of depression (Brown et al, 1994).

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.

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

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.

- Somewhere between 20%- 50% of individuals who experience severe events become depressed (Barlow, 2002).



Group work!

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



Can your PERCEPTION
cause depression?

People become anxious and depressed
when they decide they have no control
over the stress in their lives
(Seligman, 1978).



Learned Helplessness

- ✦ This research has become an important model called the *learned helplessness theory of depression*.
- ✦ The sense of hopelessness develops and is characterized by the behavior of giving up



Perception is key

- ✦ Seligman discovered that a depressed person thought about the bad event in more pessimistic ways than a non-depressed person.
 - People who have experienced depression in the past are more likely to accept depression in their future.
 - Therefore less likely to attempt change.

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 most popular theories

Overcoming Depression

• Seligman suggests that people can overcome depression by learning new explanatory styles.

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



Treatments for Mood Disorders

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

- Both biological and psychological

Cognitive Behavioral Therapy (CBT)

• Aaron Beck also suggested that depression may result from a tendency to interpret everyday events in a negative way.

- People with depression make the worst of everything.
- These negative thoughts as "cognitive errors".

The "Depressive Triad"

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

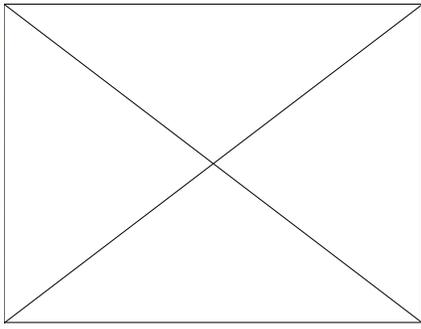
- Themselves
- The world
- Their future

Cognitive Behavioral Therapy

Reflect on the process, how does the therapist confront the depression?



Cognitive Behavioral Therapy



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.

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 localized head trauma, which produces short-term memory loss and confusion for many patients.

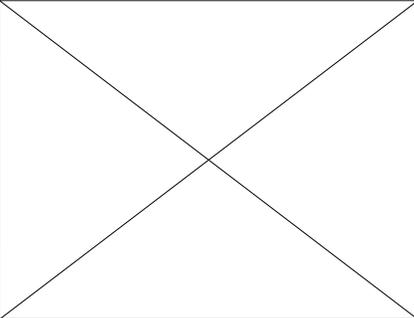


It is unknown why this treatment works. The electric shock produces a seizure. The seizure is the treatment and causes massive functional and structural changes in the brain (APA, 2003).

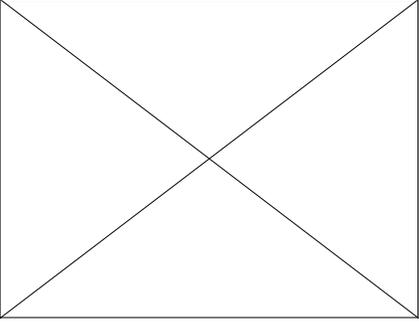
Review the following videos on ECT

THINK Reflect on the differences and similarities of ECT. What do you think of this controversial treatment?

Early ECT



Current ECT



Next Class

- Somatoform and Dissociative Disorders
