

## Bipolar Disorder



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## Bipolar Disorder



\_\_\_\_\_ has "Bipolar disorder", formerly called Manic-Depressive illness.



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## Bipolar disorder



Bipolar disorder affects approximately 2.3 million adult \_\_\_\_\_

- Men and women are equally likely to develop this illness.



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A Milder but more chronic version of bipolar is \_\_\_\_\_

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 be in one state or the other for many years with few periods of neutral mood (euthymia)

- This pattern of mood is \_\_\_\_\_

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- The behavior is \_\_\_\_\_ 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 \_\_\_\_\_

- Bipolar II \_\_\_\_\_

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**When does Bipolar emerge?**

- On average, Bipolar disorder develops between the ages of \_\_\_\_\_.
- Although childhood cases of bipolar have been documented (Weissman et al., 1991).
- It is \_\_\_\_\_

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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.  
\_\_\_\_\_
- It is often difficult to diagnose depression in the elderly because its symptoms are similar to those of medical problems or dementia.  
\_\_\_\_\_
- 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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### Causes of Mood disorders

- Family and twin studies can be used to help estimate the genetic contribution.
- Family studies examine the \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - *the proband*
- Klein et al. (2002) also found that the increasing severity and recurrence was associated with \_\_\_\_\_  
\_\_\_\_\_

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### Is it in our genes?

- The best evidence that genes contribute to mood disorders comes from \_\_\_\_\_:
  - where the frequency that \_\_\_\_\_  
\_\_\_\_\_
- Research suggests that an identical twin is \_\_\_\_\_ 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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\_\_\_\_\_  
\_\_\_\_\_

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What does this all mean?

This research suggests that severe mood disorders \_\_\_\_\_

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How much do life events effect mood disorders?

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

\_\_\_\_\_

\_\_\_\_\_

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Life Stressors

- Research supports the notion that severe events precede all types of depression. Major life stress is a \_\_\_\_\_
- 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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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

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Can your PERCEPTION cause depression?

People become anxious and depressed when they decide they have

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(Seligman, 1978).

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Learned Helplessness

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

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## How do you see the world?

• Aaron Beck suggested that depression may result \_\_\_\_\_

\_\_\_\_\_

- People with depression make the worst of everything.

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

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## The "Depressive Triad"

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

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



Cognitive Therapy

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## Treatments for Mood Disorders

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

both biological and psychological,

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### Treatment Options

- Medications such as antidepressants, MAO and SSRI's are commonly used
- Psychological Treatments
  - Cognitive-Behavioral therapy
  - Interpersonal therapy
- ECT (electroconvulsive therapy)

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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 \_\_\_\_\_  
· \_\_\_\_\_  
· \_\_\_\_\_
- It is unknown why this treatment works. The electric shock produces a seizure. \_\_\_\_\_  
· \_\_\_\_\_  
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### Next Class...

- Body image and Eating Disorders

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