

Bipolar Disorder



Bipolar Disorder

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



Bipolar disorder

- Bipolar disorder affects approximately 2.3 million adult Americans—about 1.2 percent of the population.

- The disorder typically emerges in _____

- but in some cases appears in childhood.

A Milder but more chronic version of bipolar is _____.

The symptoms are not as severe

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)

* _____

* 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:](#)

- [Bipolar II:](#)

When does Bipolar emerge?

- On average, Bipolar disorder develops between the ages _____.
- Although childhood cases of bipolar have been documented (Weissman et al., 1991).
- It is relatively rare for a person to develop Bipolar _____.

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.

What Causes Mood Disorders?

Is it biology?

Causes of Mood disorders

- ✦ Family and twin studies can be used to help estimate the genetic contribution.
- ✦ Family studies examine the prevalence of a disorder in the first-degree relatives of an individual with the disorder
 - *the proband*
- ✦ Klein et al. (2002) also found that the increasing severity and recurrence was

Is it in our genes?

- ✦ The best evidence that genes contribute to mood disorders comes from _____
 - where the frequency that identical twins have the disorder is compared.
- ✦ Research suggests that an identical twin is 2-3 times _____ if the first twin had a mood disorder (McGuffin, 2003).

_____ 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

What does this all mean?

This research suggests _____

How much do life events effect mood disorders?

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

Life Stressors

✦ Research supports the notion that severe events

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 (Monroe, 1999).

- Although almost everyone who becomes depressed has experienced a significant stressful event, most people who experience such events do not become depressed.

- Somehow between _____ of individuals who experience severe events become depressed (Barlow, 2002).

Can your PERCEPTION cause depression?

People become anxious and depressed when they decide they have _____ over the stress in their lives (Seligman, 1978).

Learned Helplessness

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

- _____
- _____
- _____

How do you see the world?

- ◆ Aaron Beck suggested that depression may result from a tendency to _____

- People with depression make the worst of everything.
- These negative thoughts as _____

The "Depressive Triad"

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



Treatments for Mood Disorders

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

- Both biological and psychological

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 d norepinephrine generally have few



Cognitive Therapy

- ✿ Psychological Treatments

- Cognitive-Behavioral therapy
 - Interpersonal therapy

- ✿ ECT (electroconvulsive therapy)

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).

Next Class...

- ✿ Personality Disorders!
