

Chapter 5 Mood Disorders



Class Objectives

- ❖ Depressive Disorders
 - What are Mood Disorders?
 - What is Major Depressive Disorder?
 - What is Post Partum Disorder?

- ❖ What are Unipolar Mood Disorders?
 - What is Mania?

Moods...

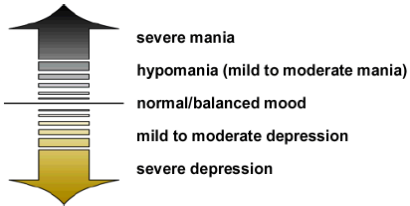


❖ This chapter will examine Mood Disorders. This is an entire diagnostic category that focuses on disturbances of mood.

Mood Disorders

☛ Mood disorders are a group of disorders involving severe and enduring disturbances in mood

Spectrum of Mood



The further mood moves from base line (normal mood) the more profound the symptoms of the disorder become.

What do you know about depression?

True or false?


☛ Depression is not a common psychological disorder.

Depression effects men,
women and children.


People with depression just
need to get over it!


Have you ever felt
depressed? What does
depression feel like?







Divide these features into physical and cognitive symptoms.





Cognitive Symptoms of Depression

- ✦ _____
- ✦ Loss of interest in activities normally pleasurable
- ✦ _____
- ✦ Diminished ability to concentrate
- ✦ Recurrent thoughts of death and dying

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

Physical symptoms of Depression

☛ Noticeable loss of energy- (fatigue)

- _____
- _____

☛ Changes in appetite and weight

☛ Sleep disturbance

- _____
- _____



The DSM-IV lists nine symptoms for major depression, five or more which must be present over the same two-week period

- ☛ One of the first two must be displayed
 - 1) Feeling depressed most of the day, nearly every day, or
 - 2) Markedly diminished pleasure
- ☛ The other seven symptoms include:
 - 3) Significant weight gain or loss
 - 4) Insomnia or hypersomnia
 - 5) psychomotor agitation or retardation
 - 6) Fatigue or loss of energy
 - 7) Feelings of worthlessness or inappropriate guilt
 - 8) Diminished ability to think or concentrate
 - 9) Recurrent thoughts of death, suicidal thinking, suicide attempts.

Depressive Disorders

☛ DSM IV 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

☛ The most easily recognized mood disorder is _____

Major Depressive Disorder

- 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 rare.
 - About 85% of single episode cases will experience _____

- If two or more major depressive episodes occur, separated by a period of two months of non-depression, then the diagnosis is *recurrent*.

How long will the depression last?

- An important feature of major depressive episodes is that they are _____

 - _____


- 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.


Meet Thomas

• When Thomas was 26 he began displaying mild signs of depression. Over the next 6 months his symptoms gradually worsened and Thomas stopped working or going out with friends. Thomas gained 45 pounds, was chronically unshaven and disheveled, often not bathing for a week or more. Thomas often slept for more than 20 hours a day or was awake for several days on end. Thomas became completely reclusive for the next 6-9 months and rarely left his home. A year later he bumped into some friends who were shocked to see his appearance. Thomas looked wonderful, he lost 60 pounds by riding 30 miles a day on his bike, was working a full-time job and was symptom-free of depression. Thomas' friends were thrilled at his transformation and asked "What happened? Did you get help? Are you in therapy or taking medication?" Thomas said, "No, I just got into my own head and fixed myself."




THINK

Stop and Think!



Comorbidity?


- ✦ _____ is commonly comorbid with Major Depression.
- About one-half of those with a primary diagnosis of major depression also have an anxiety disorder (Barbee, 1998).
- ✦ Anxiety and Depression go together like peanut butter and jelly!




How serious is depression?


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

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






“Suicide is not chosen; it happens when pain exceeds resources for coping with pain.”



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

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



True or False?

More suicides occur during the winter and holiday seasons.

Who's At Risk?

- Suicide is the eighth leading cause of death for all U.S. men.
- Males are four times more likely to die from suicide than females
 - Women report attempting suicide during their lifetime about three times as often as men
- Suicide is the third leading cause of death among people ages 15 to 24.
 - 3,971 suicides were reported in this group in 2001
- Suicide rates increase with age and are very high among the elderly.
 - 5,393 suicides were reported in this group in 2001.

“I’m not crazy...I’ve just been in a bad mood for the last 30 years!”

_____ shares many of the same symptoms of major depressive disorder, but it differs in its course.

Dysthymia

- This disorder is defined as a persistently _____

- During this time, patients experience milder and unchanged symptoms for long periods of time (Akiskal, 1997).
- Dysthymic disorders are chronic and may last 20-30 years.



Postpartum depression is often associated with feelings of inadequacy and sadness experienced by mothers of newborns.

Think on your own...
What do you know about
Post-Partum Depression?



Post-Partum Depression

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

• 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).

Women are more likely to experience postpartum depression when:

- They were depressed before pregnancy
- Did not plan to become pregnant
- Lack other adult support while adjusting to motherhood
- They have feelings of incompetence as a mother
- Financial stress or marital problems

Watch the following video on Post Partum Depression and evaluate the features of the disorder.



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

This abnormally and persistently elevated or euphoric mood or is referred to _____



What did you observe about mania? List the features.



Mania includes symptoms of:


- Hyperactivity
- Need for little sleep
- Development of grandiose plans (believing they can accomplish anything they desire.)

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

-Rapid and often incoherent speech known as _____

-Results because they are trying to express so many exciting ideas at once.

-This demonstrates the change in typical _____



Mania

- ❖ Individuals who experience either depression or mania are classified as having a _____
- Mania by itself does occur, but is rare. Almost everyone who suffers from unipolar mania, also suffers from unipolar depression.
- Hypomania is a less severe and less disruptive version of a manic episode

Mania sounds like fun, but...

- ❖ During periods of mania it is common for patients to engage in destructive and very impulsive behaviors.
- Spending sprees and promiscuous behavior are very common.

People with mania typically display at least 3 of the following characteristics:

Excessive involvement in pleasurable, but risky and reckless behaviors.	Increased physical and mental activity and energy with a decreased need for sleep	Heightened mood and exaggerated optimism
Excessive talkativeness	Racing speech, racing thoughts, flight of ideas	Inflated sense of self esteem and self-confidence
Impulsiveness, poor judgment, distractibility		

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.
- ⊕ Anxiety and/or depression is often common in mania

What's Next?...

- ⊕ Bipolar Disorder
