


Chapter 6 Mood Disorders




Module 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...



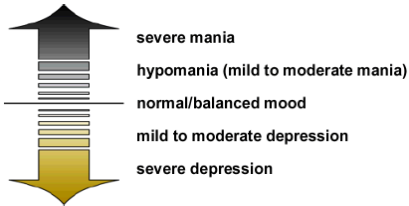
❖ This chapter will examine Mood Disorders. This is an entire diagnostic category that focuses on disturbances of mood.

THINK on your own...
What are some everyday moods people can experience?

Mood Disorders

- ☛ Mood disorders are a group of disorders involving severe and enduring disturbances in mood
- The normal functioning of mood is disrupted

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.

What do you know about depression?
 True or false?

✦ Depression is not a common psychological disorder.

FALSE!

18.8 million American adults (9.5 %) of the US population age 18 and older in a given year, have a depressive disorder.

Depression effects men, women and children.

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TRUE!

Depression can effect anyone-but symptoms are displayed differently

People with depression just need to get over it!

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FALSE! Depression is an illness that effects the brain and the body

“Depression is like falling into a deep, dark hole that you cannot climb out of. You scream as you fall, but it seems like no one hears you. Some days you float upward without even trying; on other days you wish that you would hit bottom so that you would never fall again.”

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

Stop and Think!

Think about and describe the features of depression.

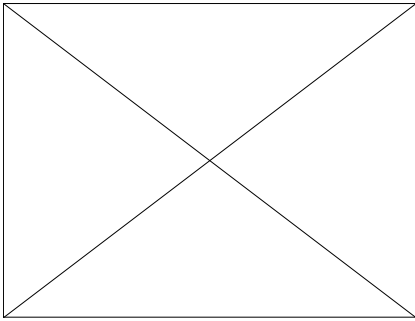



Review the following video clip and evaluate the behaviors of the client

What symptoms of depression did you see? Divide these features into physical and cognitive symptoms.



Major Depression



Cognitive Symptoms of Depression

- ✦ Feelings of worthlessness
- ✦ Loss of interest in activities normally pleasurable
 - Inability to experience "fun" from life (*Anhedonia*)
- ✦ Diminished ability to concentrate
- ✦ Recurrent thoughts of death and dying



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

When a person moves too far away from "normal" mood, whether too high on the spectrum or too low, they can experience psychosis. Delusions and/or hallucinations can occur which indicate a severe disturbance in cognition.

Physical symptoms of Depression

- ✦ Noticeable loss of energy- (fatigue)
 - Physical disturbance (*vegetative symptoms*)
- ✦ Changes in appetite and weight
- ✦ Sleep disturbance
 - Insomnia
 - Hypersomnia



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 two weeks
 - 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

Major Depressive Disorder

- This disorder is defined by the absence of manic or hypo-manic episodes and can be diagnosed as either single episode or recurrent.
 - The occurrence of just one isolated depressive episode in a lifetime is rare.
 - About 85% of single episode cases will experience a second episode 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 recurrent.

How long will the depression last?

- An important feature of major depressive episodes is that they are *time limited*
 - Typically lasting from 2 weeks to 9 months (untreated).
- 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."



Stop and Think!

Although Thomas believes he "cured" himself, what is the most likely explanation for this mood change? Also, what is likely to happen with Thomas' mood disorder?

Comorbidity?

✿ Anxiety 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 steadily increasing.

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. 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

True or False?

More suicides occur during the winter and holiday seasons.

True or False?

More suicides occur during the winter and holiday seasons.

- ❖ **FALSE!** Suicide rates in the United States are lowest in the winter and highest in the spring
- ❖ Suicide took the lives of 30,622 people in 2001
 - Research shows that this is evident world-wide, seen in the U.S, Canada, Puerto Rico, Germany, France, Taiwan, Italy and Lebanon.

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!”

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

Dysthymia

- This disorder is defined as a persistently depressed mood that continues for at least two years.
 - 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, with the median duration of 5 years.



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

Experienced by 10-20 % of new mothers

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

Is it different than Major Depression?
Why or why not?



Post-Partum Depression

- 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).

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.

THINK What potential environmental factors could have influenced the development of the client's disorder?

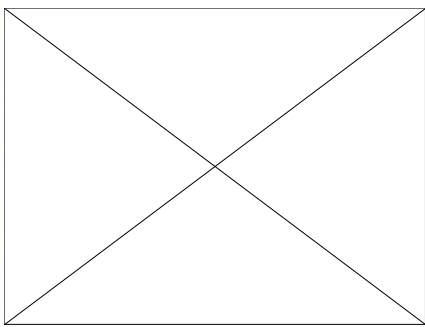
Post-Partum Psychosis

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

This abnormally and persistently
elevated or euphoric mood or is
referred to as "mania"



Mania!



What did you observe about
mania? List the features.

Stop and think...
Where on the mood spectrum
would mania be listed?



Mania includes symptoms of:

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

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

- Rapid and often incoherent speech known as "flights of ideas."
- Results because they are trying to express so many exciting ideas at once.
- This demonstrates the change in typical cognitive function due to the manic thoughts.

Mania

- Individuals who experience either depression or mania are classified as having a unipolar mood disorder.
- 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
