

## Ch. 6- Mood Disorders

### OBJECTIVE:

- Depressive Disorders:
- Major depressive Disorder
- Post Partum Disorder




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### Mood Disorders

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

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- The

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### 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! \_\_\_\_\_

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*“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.”*

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**What Cognitive Symptoms did you see?**

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- Diminished ability to concentrate
- \_\_\_\_\_  
\_\_\_\_\_

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**What physical symptoms did you see?**

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- Sleep disturbance
  - \_\_\_\_\_
  - \_\_\_\_\_

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## 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 \_\_\_\_\_

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

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

OR

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

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## 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 \_\_\_\_\_

- About 85% of single episode cases will experience a \_\_\_\_\_  
\_\_\_\_\_

- ◆ If two or more major depressive episodes occur, separated by a period of two months of non-depression, then the diagnosis is \_\_\_\_\_

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### How long will the depression last?

- ◆ An important feature of major depressive episodes is that they are \_\_\_\_\_
  - Typically lasting from 2 weeks to 9 months (untreated).
- ◆ \_\_\_\_\_
  - However, about 10% last 2 years or longer
- ◆ The average age of onset for major depressive disorder is \_\_\_\_\_

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### Comorbidity?

- ◆ \_\_\_\_\_ is commonly comorbid with major depression.
  - About \_\_\_\_\_ of those with a primary diagnosis of major depression also have an anxiety disorder (Barbee, 1998).

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### How serious is depression?

Approximately \_\_\_\_\_ each year in the U.S.

The odds of suicide \_\_\_\_\_ when depression develops at earlier ages.  
Help is always available:  
1-800-SUICIDE

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### Suicide

- ◆ Research suggests that the incidence of depression and consequent suicide seem to be steadily increasing.
- ◆ **True or False?**
  - More suicides occur during the winter and holiday seasons.
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- Research shows that this is evident world-wide, seen in the U.S., Canada, Puerto Rico, Germany, France, Taiwan, Italy and Lebanon.

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### Who's At Risk?

- ◆ Suicide is the eighth leading cause of death for all U.S. \_\_\_\_\_
- ◆ \_\_\_\_\_
- Women report attempting suicide during their lifetime about three times as often as men
- ◆ Suicide is the third leading cause of death among people \_\_\_\_\_
- 3,971 suicides were reported in this group in 2001
- ◆ Suicide rates increase with age and are very high among the \_\_\_\_\_
- 5,393 suicides were reported in this group in 2001.

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“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.

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## Dysthymia

- This disorder is defined as a persistently depressed mood that continues for at least \_\_\_\_\_
  - During this time, patients experience \_\_\_\_\_ for long periods of time (Akiskal, 1997).
- Dysthymic disorders are chronic and may last \_\_\_\_\_, with the median duration of 5 years.

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Postpartum depression is often associated with feelings of inadequacy and sadness experienced by \_\_\_\_\_.

\_\_\_\_\_

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## Post-Partum Depression

- This is like any other form of depression; it is a \_\_\_\_\_
  - Ranging from the “*baby blues*” for a milder version to “\_\_\_\_\_” 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).

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Women are more likely to experience postpartum depression when:

- \_\_\_\_\_
- \_\_\_\_\_
- Lack other adult support while adjusting to motherhood
- They have feelings \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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

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




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What behaviors did you see?

- Physical symptoms:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Cognitive/emotional symptoms:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

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• Mania includes symptoms of:

- \_\_\_\_\_
- Need for little sleep
- \_\_\_\_\_

• Rapid and often incoherent speech known as “flights of ideas”.

- \_\_\_\_\_

• This demonstrates the change in typical cognitive function due to the manic thoughts.

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Mania

• Individuals who experience either depression or mania are classified as having a \_\_\_\_\_

- Mania by itself does occur, \_\_\_\_\_.  
Almost everyone who suffers from unipolar mania, also suffers from unipolar depression.
- Hypomania is a \_\_\_\_\_  
version of a manic episode

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Mania sounds like fun, but...

• During periods of mania it is common for patients to engage in \_\_\_\_\_

- Spending sprees promiscuous behavior are very common.

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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	
Excessive talkativeness	Racing speech, racing thoughts, flight of ideas	
Impulsiveness, poor judgment, distractibility		

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### Diagnosis

- Duration of \_\_\_\_\_ is needed to diagnose mania.
  - Average duration of an untreated manic episode is \_\_\_\_\_
- Mania can become so disruptive that a patient may need hospitalization.
- Anxiety and/or depression is often common in mania

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### Next Class...

- Bipolar Disorder

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