


## Ch. 6- Mood Disorders

**OBJECTIVE:**  
 Depressive Disorders:  
 Major depressive Disorder  
 Post Partum Disorder




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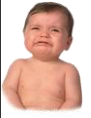


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## Moods...

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

What are some everyday moods people can experience?




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## Mood Disorders

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

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### Spectrum of Mood

severe mania  
hypomania (mild to moderate mania)  
normal/balanced mood  
mild to moderate depression  
severe depression

The further mood moves from base line (normal mood)

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### Have you ever felt depressed?

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### What do you know about depression?

True or false?

- Depression is not a common psychological disorder.

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Depression effects men,  
women and children.

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People with depression just  
need to get over it!

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**What Cognitive Symptoms did you see?**

- \_\_\_\_\_
- Loss of interest in activities normally pleasurable  
- Inability to experience "fun" from life \_\_\_\_\_
- Diminished ability to concentrate
- Recurrent thoughts of \_\_\_\_\_

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What physical symptoms did you see?

- Noticeable loss of energy- (fatigue)

- \_\_\_\_\_

- Changes in appetite and weight

- Sleep disturbance

- Insomnia
- Hypersomnia




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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

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

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

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

OR

- Markedly diminished pleasure.

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### Major Depressive Disorder

- This disorder is defined by the absence of manic or hypomanic episodes and can be diagnosed as \_\_\_\_\_
- The occurrence of just one isolated depressive episode in a lifetime \_\_\_\_\_.
- About 85% of single episode cases will experience a second episode and meet criteria for \_\_\_\_\_.
- If two or more major depressive episodes occur, separated by a period of two months of non-depression, then the diagnosis is *recurrent*.

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### How long will the depression last?

- An important feature of major depressive episodes is that they are *time limited*
- \_\_\_\_\_
- \_\_\_\_\_
- However, about 10% last 2 years or longer
- The average age of onset for major depressive disorder is 25-29 years.

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### Comorbidity?

- \_\_\_\_\_
- About one-half of those with a primary diagnosis of major depression also have an anxiety disorder (Barbee, 1998).




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## 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.



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

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## Suicide

- Research suggests that the incidence of depression and consequent suicide \_\_\_\_\_.
- **True or False?**
  - More suicides occur during the winter and holiday seasons.
- \_\_\_\_\_  
\_\_\_\_\_
- 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.

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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**

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### Who's At Risk?

- Suicide is the eighth leading cause of death for all \_\_\_\_\_.
- 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.

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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 two years.
  - During this time, patients experience  
\_\_\_\_\_  
\_\_\_\_\_
- Dysthymic disorders are chronic and may last 20-30 years, with the median duration of 5 years.

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

Experienced by 10-20 % of new mothers

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## 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.

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

This abnormally and  
persistently elevated or


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- Mania includes symptoms of:
  - \_\_\_\_\_
  - Development of grandiose plans- believing they can accomplish anything they desire.
- 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 cognitive function due to the manic thoughts.

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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.
- \_\_\_\_\_
- \_\_\_\_\_

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Mania sounds like fun, but...

- During periods of mania it is common for patients to engage in destructive and very impulsive behaviors.
  - 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	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		

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**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

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Next Class...

- Bipolar Disorder

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