

What is Depression?

Mood Disorders
Chapter 8



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 is an entire diagnostic category that focuses on disturbances of mood.

Mood Disorders

● Mood disorders are a group of disorders

- The normal functioning of mood is disrupted

Spectrum of Mood



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



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



Cognitive Symptoms of Depression

- _____
- Loss of interest in activities normally pleasurable

- Diminished ability to _____
- 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

-Delusions and/or hallucinations can occur which

Physical symptoms of Depression

- Noticeable loss of energy- (fatigue)

- _____

- Changes in appetite and weight

- Sleep disturbance

- _____

- _____



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

True or false?

Depression is not a common psychological disorder.

True or False?

Men and women are effected by Major Depression at different rates.



True or False?

Major Depressive Disorder

- This disorder is defined by the absence of manic or hypomanic episodes and can be diagnosed as either _____
- The occurrence of just one isolated depressive episode in a lifetime is rare.
- About 60% of single episode cases will experience a second episode 70% will have a third, and 90% will have a fourth and meet criteria for recurrent

How long will the depression last?

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

Comorbidity?

- Anxiety is commonly _____ with Major Depression.
- _____ 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!



Research suggests that the incidence of depression and consequent suicide

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
1-800-273-TALK



True or False?

More suicides occur during the winter and holiday seasons.



● _____

- In 2007, there were 34,598 suicides in the U.S.
 - 94.8 suicides per day
 - 1 suicide every 15.2 minutes.

Who's At Risk?

- Suicide is the eleventh overall leading cause of death.
- Males complete suicide at a rate 3.6 times that of females. However, females attempt suicide three times more often than males.
- Suicide ranks third as a cause of death among young (15-24) Americans behind accidents and homicides.
- Older adults (54-54 years old) have the highest rates of suicide (by age) followed by the elderly (75-84 years old).

“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.

DSM 5

“ _____ ”

- This disorder is defined as a persistently depressed mood that continues for at _____ .
 - During this time, patients experience milder and unchanged symptoms for _____
- Dysthymic disorders are chronic and may last 20-30 years, with the median _____
 - These individuals are never symptom-free for an interval longer than 2 months



Postpartum depression is often associated with _____

 experienced by mothers of newborns.

Experienced by 10-20 % of new mothers



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.



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

Next Class

- Mania and bipolar
