

# What is Depression?

Mood Disorders  
Chapter 8



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## 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?

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Moods...



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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

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



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### Cognitive Symptoms of Depression

- Feelings of \_\_\_\_\_
- Loss of interest in activities normally pleasurable
  - Inability to experience \_\_\_\_\_
- Diminished ability to concentrate
- Recurrent thoughts of death and dying

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

When a person moves too far away from "normal" mood, \_\_\_\_\_

-Delusions and/or hallucinations can occur which indicate a severe disturbance in cognition.

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### Physical symptoms of Depression

- Noticeable loss of energy- (fatigue)
  - \_\_\_\_\_
- Changes in appetite and weight
- Sleep disturbance
  - Insomnia
  - \_\_\_\_\_



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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
- The most easily recognized mood disorder is \_\_\_\_\_

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

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### 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."

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### Comorbidity?

- 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!

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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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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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**True or False?**

More suicides occur during the winter and holiday seasons.

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**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.

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### 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.
- Elderly adults have rates of suicide close to 50% higher than that of the nation as a whole (all ages).

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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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### Extended Depression

- This disorder is defined as a persistently depressed mood that continues for at least two years.  
\_\_\_\_\_  
\_\_\_\_\_
- Dysthymic disorders are chronic and may last 20-30 years, with the median duration of 5 years.  
\_\_\_\_\_  
\_\_\_\_\_

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Postpartum depression is often associated with

\_\_\_\_\_

\_\_\_\_\_

experienced by mothers of newborns.

Experienced by 10-20 % of new mothers

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



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Post-Partum Depression

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

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- 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:

- 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




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




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Next Class

- Mania and bipolar

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