

# What are Mood Disorders?

## Chapter 8



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## Class Objectives

- What is Bipolar Disorder?
  - How does this differ from Unipolar Mood Disorder?
- How do Mood Disorders develop?
- How are Mood Disorders treated?

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What do you know about Bipolar Disorder?

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



referred to as "mania"

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Watch the following video on  
Mania.



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Mania includes symptoms of:

Need for little sleep

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

-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 \_\_\_\_\_ *disorder*.

● \_\_\_\_\_  
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

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- Spending sprees and promiscuous behavior are very common.

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How can mania impact daily function?



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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.

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- Mania can become so disruptive that a patient may need hospitalization.

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Someone who alternates between depression and mania has "Bipolar disorder"

(formerly called Manic-Depressive illness.)

This disorder is a roller coaster ride of mood

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### Bipolar disorder

● Bipolar disorder, affects approximately 5.7 million American adults, or about 2.6 percent of the U.S. adult population throughout any given year.

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● 3.9 percent of the adult population are affected throughout the lifespan.

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A Milder but more chronic version of bipolar is Cyclothymic disorder.

The symptoms are not as severe, patients cycle

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### Cyclothymic Disorder

- A person with this disorder tends to be in one state or the other for many years with few periods of neutral mood (Euthymia)
  - This pattern of mood is chronic lasting at least 2 years.




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- The behavior is not severe enough to require hospitalization but the fluctuations in mood are enough to interfere with functioning.
- People with *Cyclothymic disorder* are at an increased risk of developing the more severe bipolar I or II.

- \_\_\_\_\_  
alternation of depression with full manic episodes

- Bipolar II: \_\_\_\_\_

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### Rapid cycling Bipolar Disorder

- \_\_\_\_\_  
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\_\_\_\_\_
- Major depression, mania, hypomania, or mixed-symptoms.
- Having a minimum of two highs and two lows in a one-year period.

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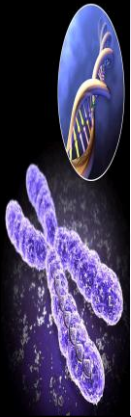
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## What Causes Mood Disorders?

*Biological Theories* suggest that there

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### Mood disorders tend to run in families

- First-degree relatives of those with major depression are two to four times the rates of nonrelatives
- The best evidence that genes contribute to mood disorders comes from twin studies:

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to present with a mood disorder than a fraternal twin if the first twin had a mood disorder (McGuffin, 2003).

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### Biochemistry

- Altered serotonin functioning plays an important role in causing genetically predisposed individuals to develop major depressive disorders.

- The best evidence for serotonin's role comes from studies in which individuals are experimentally deprived of tryptophan, an amino acid that aids the body in manufacturing serotonin (Cowen, 2008).
- This is also related to why SSRIs are so effective in the treatment of mood disorders, the re-uptake of serotonin.




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What does this all mean?

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How much do life events effect mood disorders?

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The Impact of Life Stressors

Research supports the notion that severe events precede all types of depression. Major life stress is a strong predictor for initial episodes of depression (Brown et al, 1994).

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and there are some events that are particularly likely to lead to depression.

-Very common events are a break-up of a relationship or a death of a loved one.

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Can your PERCEPTION cause depression?

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(Seligman, 1978).

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Seligman's research on \_\_\_\_\_ has become a major source in understanding and treating depression

The concept that thinking influences depression is currently one of the most popular theories

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## Learned Helplessness

• This research has become an important model called the *learned helplessness theory of depression*.

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## Perception is key

• Seligman discovered that a depressed person thought about \_\_\_\_\_  
\_\_\_\_\_

- People who have experienced depression in the \_\_\_\_\_  
\_\_\_\_\_
- Therefore less likely to attempt change.

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## Treatments for Mood Disorders

There are a variety of treatments for mood disorders that are proven effective.

- Both biological and psychological

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## Cognitive Behavioral Therapy (CBT)

- Aaron Beck also suggested that depression may

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- People with depression make the worst of everything.
- These negative thoughts as “cognitive errors”.

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## The “Depressive Triad”

- According to Beck, people who are depressed make cognitive errors in thinking negatively about:

- Themselves
- The world
- Their future

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## Cognitive Behavioral Therapy

Reflect on the process, how does the therapist confront the depression?



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### Treatment Options

- Medications such as antidepressants, MAOI's, SSRI's and SNRI's are commonly used
  - The SSRIs and other newer medications that affect neurotransmitters such as dopamine or norepinephrine generally have fewer side effects.
- Lithium has been prove effective in the treatment of acute mania and preventing the recurrence of manic episodes.



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### When all else fails...

- ECT is one of the most dramatic and controversial therapies for psychological disorders.
  - Used when a patient does not respond to other treatments.
- It is argued by some professionals that this treatment causes localized head trauma, which produces short-term memory loss and confusion for many patients.



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It is unknown why this treatment works. The electric shock produces a seizure. The seizure is the treatment and causes massive functional and structural changes in the brain (APA, 2003).

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Review the following videos  
on ECT

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There are many ways to  
successfully treat mood disorders

There is no cure, but with proper  
treatment, many clients can live  
symptom-free.

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Next Class

Somatoform and Dissociative  
Disorders

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