Chapter 6
Mood Disorders

Bipolar Disorder

Class Objectives

- What is Bipolar Disorder?
  - How does this differ from Unipolar Mood Disorder?

- How do Mood Disorders develop?

- How are Mood Disorders treated?

What do you know about Bipolar Disorder?
Someone who alternates between depression and mania has “Bipolar disorder” (formerly called Manic Depressive illness.)

Bipolar disorder affects approximately 2.3 million adult Americans, about 1.2 percent of the population.

The disorder typically emerges in adolescence or early adulthood, but in some cases appears in childhood.

A Milder but more chronic version of bipolar is

The symptoms are not as severe, patients cycle between mild depression and
Cyclothymic Disorder

- A person with this disorder tends to ____________________________________________
  with few periods of neutral mood (Euthymia)
  - This pattern of mood is chronic lasting at least 2 years.

The behavior is not severe enough to require hospitalization but the ____________________________

People with Cyclothymic disorder are at an increased risk of developing the more severe bipolar I or II.
  - Bipolar I
  - Bipolar II, alternation of depression with ____________________________

When does Bipolar emerge?

- On average, Bipolar disorder develops between the ____________________________.
  - Although childhood cases of bipolar have been documented (Weissman et al., 1991).
  - It is relatively rare for a person to develop Bipolar disorder after the age of 40.
How much do you know?
True or false?

- Women are approximately twice as likely as men to be diagnosed with a mood disorder.

How much do you know?
True or false?

- It is often difficult to diagnose depression in the elderly because its symptoms are similar to those of medical problems or dementia.

How much do you know?
True or false?

- Depression requires life experiences, which is why young children cannot experience the disorder.
What Causes Mood Disorders?

Is it biology?

Is it in our genes?

The best evidence that genes contribute to mood disorders comes from twin studies:

- Research suggests that an identical twin is 2-3 times more likely to present with a mood disorder than a fraternal twin if the first twin had a mood disorder (McGuffin, 2003).

Strong support for genetic contribution

- Studies examining bipolar disorder report:
  - 66.7% of identical twins compared with only 18.9% of fraternal twins
  - 45.6% versus 20.2% if the first twin had unipolar disorder.
What does this all mean?

This research suggests that severe

How much do life events effect mood disorders?

The Impact of Life Stressors

Research supports the notion that severe

Major life stress is a strong predictor for initial episodes of depression (Brown et al, 1994).
itself 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.

These stressful events often become “triggers” for mania and depression.

- Although almost everyone who becomes depressed has experienced a significant stressful event, most people who experience such events do not become depressed.

Group work!

How can the development of a mood disorder be explained? Why don’t all people who experience a life stressor develop depression?
Can your PERCEPTION cause depression?

People become anxious and depressed when they decide they have

Learned Helplessness

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

Perception is key

Seligman discovered that a depressed person thought about the bad event in

- People who have experienced depression in the past are more likely to accept depression in their future.
- Therefore less likely to attempt change.
Seligman’s research on Learned Helplessness has become a major source in understanding and treating depression.

The concept that thinking influences depression is currently one of the

Overcoming Depression

Seligman suggests that people can overcome depression by learning new

- This is the basis of cognitive therapy. In such therapies, the counselor challenges the client’s beliefs and explanations of life’s events.

Treatments for Mood Disorders

There are a variety of treatments for mood disorders that are proven effective.
Cognitive Behavioral Therapy (CBT)

Aaron Beck also suggested that depression may result from a tendency to

- People with depression make the worst of everything.
- These negative thoughts

The “Depressive Triad”

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

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- 
- 

Cognitive Behavioral Therapy
Treatment Options

- Medications such as antidepressants, MAOIs and SSRI’s are commonly used
  - The SSRIs and other newer medications that affect neurotransmitters such as dopamine or norepinephrine generally have fewer side effects.

When all else fails...

- ECT is one of the most dramatic and controversial therapies for psychological disorders.
  - It is argued by some professionals that this treatment causes __________________________
  - __________________________
  - __________________________

- 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).
Review the following videos on ECT

Next Class

Somatoform and Dissociative Disorders