



Mood Disorders Overview Depression

Psychology 311
Abnormal Psychology

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Many Types

- Mania
- Depression
- Bipolar
- Drug induced mood disorders
- Medically induced mood disorders

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Some General Symptoms

- Feelings Range from High to Low
- Cognitions Range from clear to distorted
- Physical Appearances can change
- Social Range from shut down to manic

- Can affect others

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Background Information

- 10 % of all U.S. adults experience depression or bipolar symptoms
 - Problem – Most receive no treatment
- Major Depressive Disorders
 - Second greatest cause of disability affecting quality of life and productivity
- Suicide is greatest cause of death among individuals having these disorders
- Treatment improves quality of life
 - Productivity
 - Decreases burden of health facilities

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Why Don't People Get Treatment?

- Worry about stigmatization
 - Label of being mentally ill
- Failure of health care providers to recognize symptoms
- Lack of awareness of beneficial treatments

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Comorbidity

- ½ of people with major depression have anxiety disorders too
- Substance abuse makes the mood disorder worse
- Personality disorders are also common

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Epidemiology

- Rates are similar among races
- Two times as many women are diagnosed with depression.
 - May be a diagnosis issue here as well
 - Not much difference for bipolar disorders
- Cultural, environmental, economic factors play a role in rates.
 - Do not influence symptoms or types of behaviors.

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Depression

- Symptoms are experienced by everyone
 - Usually is situational
 - Usually will pass after a short period of time.
- For diagnosis of Depression, you need to meet specific criteria.
- Feelings of loss (not due to bereavement) are not severe to be diagnosed as a mood disorder, it can be classified as:
 - Adjustment Disorder with a Depressed Mood.

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Vulnerabilities for Depression

- Heredity
 - Twin studies suggest greater risk if twin has depression.
 - Relative with Bipolar, you are 3 times more likely to develop a major Dep.
 - The younger the age of onset, the increased probability that relatives will experience Dep.

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Age of First Episode

- Women 20 – 29
- Men 40 – 49
- Depression on slow increase as age decreases.

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Sex Differences

- Females two times as likely to develop all types of depression
- May be a diagnostic issue
 - Women are more likely to seek out treatment
- 25-45 year old married women have high rates of depression
 - Is also correlated with economic status
- Men tend to be action oriented to stress
- Women more cognitive in coping
 - Is related to longer and more severe depressive episodes
- May also have hormonal issues as well

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Life Events

- Events we create may be interrelated
- Combined with genetic components may increase risk for depression

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Lack of Social Support

- Social Support – Belief that one is cared for by others
- Others are available to provide help
- Is an important protection against depression.
- Others
 - Validate a person's experiences
 - Are sounding boards for issues
 - Help one to recognize "I'm not the only one."

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Types of Depressive Disorders

- Dysthymic Disorders
- Major Depressive Disorder
- Depressive Episodes with Psychotic Features

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Dysthymic Disorders

- Mild, chronic symptoms for many years
 - 2-20
 - Mean = 5 years
- 3% of general population
- 30% of outpatients are Dysthymic
- Seems a way of life
 - Also feel helpless to change one's life

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Cognitive Symptoms

- Low self esteem
- Guilty feelings
- Thinking about the past
- Irritability
- Excessive anger
- Most researchers believe it is a biological disorder
- Often mistaken as a personal disorder due to duration
- Note: If dysthymic persons present symptoms of major depression, called "Double Depression"

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Other Symptoms

- Poor appetite and sleep patterns
- At least two years of low mood
- No major depression
- No mania
- Symptoms cause significant distress

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Major Depressive Disorder

- Person has experienced one or more major depressive episodes without mania.
- Marked by depressed mood and loss of pleasure or interest in all activities
- Need four symptoms from the following
- Must have symptoms for two weeks

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Additional Symptoms

- Weight Changes
- Constant sleep problems
- Agitated
- Slowed down behavior
- Fatigue
- Cannot think clearly
- Feel worthless
- Frequent thoughts of Death and Suicide

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Addition comments

- At least ½ of the people with depression will have a recurrent episode
- If have had 3 or more episodes, chances increase to 80% it will happen again unless have aggressive treatment.

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Major Depression with Psychotic Features

- 15% of people with major depression have some psychotic feature.
 - Are usually delusional
 - Includes guilt
 - It is my fault
 - If only I had _____

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Causes of Depression

- Many models
- Biological
 - Low levels of NT
 - Nor Epinephrine
 - Serotonin
- Operant
 - Lack of reinforcement
- Cognitive
 - Disruptive thinking patterns

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Conclusion

- Many issues with depression
- Influences many individuals, their families and friends,
- Influences society through lost wages and income.
- Can be treated effectively

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