

# MOOD DISORDERS



# DEFINING CHARACTERISTICS

Mood shifts are normal, but when they are extreme and occur frequently or last longer, it could be a disorder

## ▶ Depressive Disorders:

- ▶ Major Depressive Disorder
- ▶ Dysthymia
- ▶ Premenstrual Dysphoric Disorder (*new and a bit controversial*)
- ▶ **\*Seasonal Affective?**

## ▶ Bipolar and Related Disorders:

- ▶ Bipolar 1
- ▶ Bipolar 2
- ▶ Cyclothymic Disorder

# CAUSES

- ▶ Cognitive – people blowing negatives out of proportion, having too many self-defeating thoughts
- ▶ Biological – serotonin, dopamine, norepinephrine imbalances
  - ▶ Genetic? Strong link to bipolar disorder
- ▶ Behavioral – depressive feelings were reinforced, isolation = less depression = reinforcement
- ▶ Behavioral/Cognitive- Attribution theory – learned helplessness (no sense of personal control)
- ▶ Psychodynamic (Freud) – depression is an unconscious feeling of loss surfacing... Or anger turned inward

# TREATMENT

## ▶ Biomedical Approach

▶ Anti-depressants:

▶ **SSRIs** – increases amount of serotonin available in brain

▶ **MAOIs** – attacks enzymes that break down serotonin and other mood enhancing drugs

## ▶ Electro-convulsive therapy

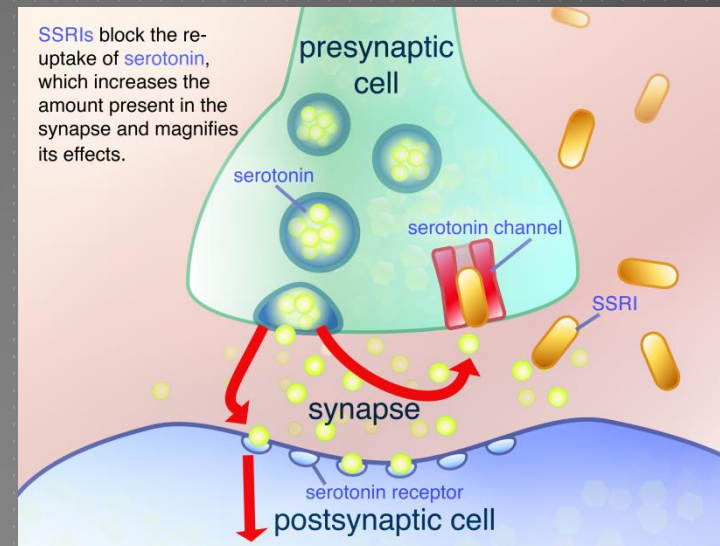
▶ In very rare and extreme cases

## ▶ Cognitive Approach

### ▶ Beck's Cognitive Therapy

▶ Changing maladaptive thoughts

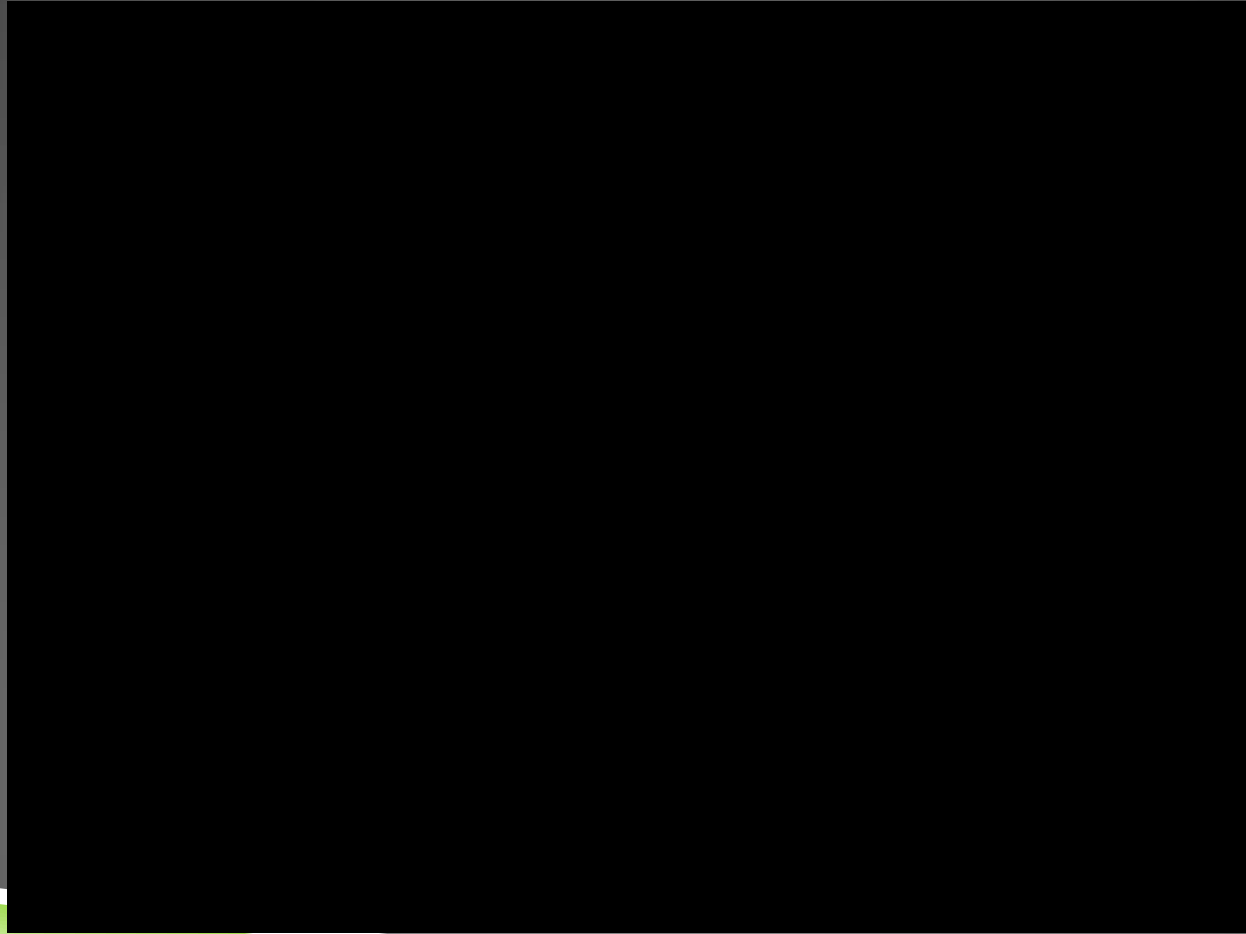
▶ More on this later....



# MAJOR DEPRESSIVE DISORDER

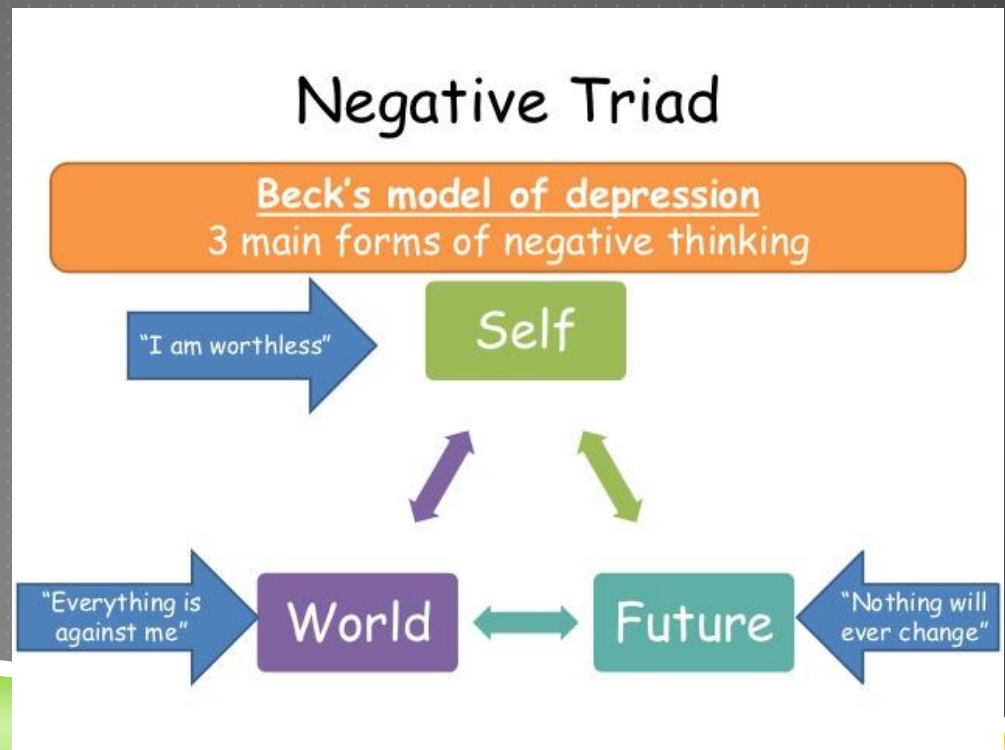
- ▶ Prevalence: 7%
  - ▶ When depressed mood comes suddenly and is extremely severe for the external causes for the sadness
  - ▶ Lasts more than 2 weeks (ave. is 6 months)
  - ▶ More common in women than men
- ▶ **Symptoms:**
    - ▶ Depressed most of day
    - ▶ Tired
    - ▶ Don't do activities they used to enjoy
    - ▶ Sleep too much or too little
    - ▶ Weight changes
    - ▶ Feelings of worthlessness
    - ▶ Possible thoughts of suicide

# MDD – BLACK DOG METAPHOR



# BECK'S COGNITIVE THERAPY

- ▶ Approach: Cognitive
- ▶ Depression comes from unreasonably negative thoughts regarding:
- ▶ ***Cognitive triad***
  - ▶ The self, the world, the future



# BECK'S COGNITIVE THERAPY (CONT.)

- ▶ Therapy tries to get clients to test the truth of their negative beliefs then replace distorted, negative thoughts with more helpful/positive thoughts
- ▶ Some types of thoughts this therapy challenges:
  - ▶ *Arbitrary inference* – “Suzy cancelled lunch. I bet she’s seeing someone else!”
  - ▶ *Selective thinking* – Peter sees the one bad remark on his paper and ignores praise
  - ▶ *Overgeneralization* – I didn’t get that job....I’ll never be successful
  - ▶ *Magnification and minimization* – magnifying failures/minimizing successes (like opposite of self-serving bias)
  - ▶ *Personalization* – My child is struggling in school...I’m a horrible parent



# BIPOLAR DISORDER

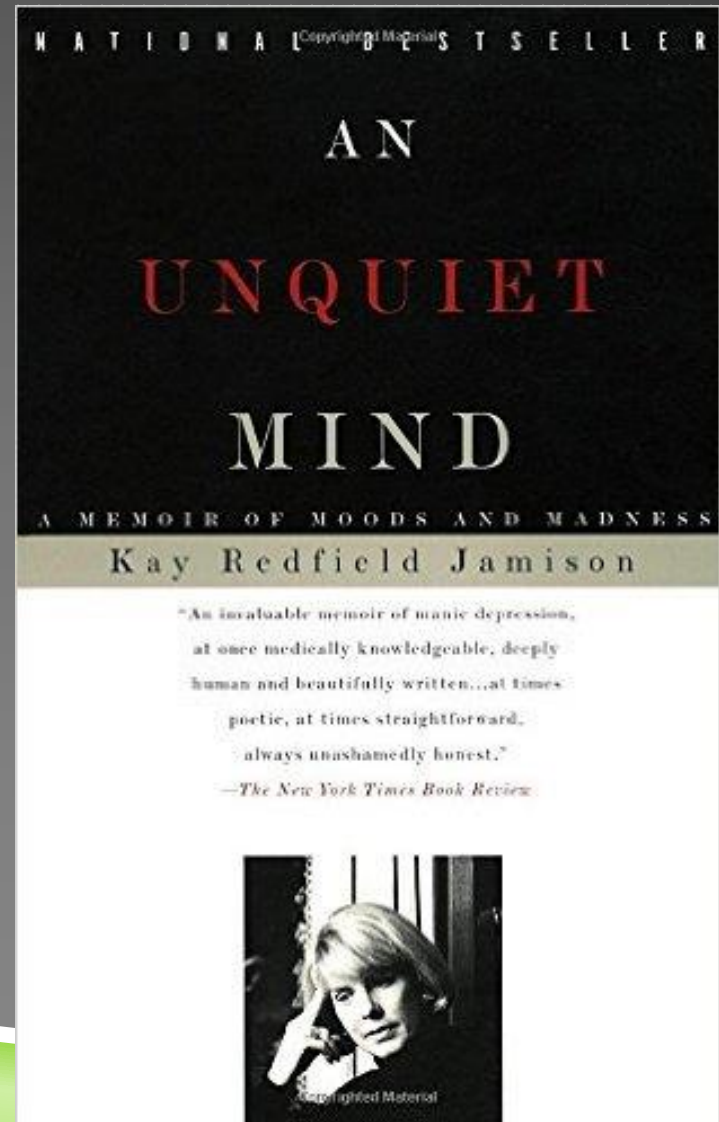
- ▶ Symptoms:
  - ▶ Episodes of depression and mania (extreme energy/excitement)
- ▶ Bipolar 1 – normal to manic - .6%
- ▶ Bipolar 2 – depressive episodes - .8%
- ▶ In manic episodes, some are seemingly very creative, but can't stick to ideas long enough to make them happen

# SECRET LIFE OF THE MANIC-DEPRESSIVE

- ▶ First 7 mins or so

# KAY REDFIELD JAMISON AUDIO-BOOK

- ▶ “An Unquiet Mind”
- ▶ Listen to clip:
- ▶ 49- 55 mins



# I'M BIPOLAR, BUT I'M NOT

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