

Mood Disorders

- Changed drastically from DSM IV to DSM V

Manic Depression

- Song by Jimi Hendrix
 - o Idea of depression and mania are highly correlated to creativity
 - o People who are high creative are depressed and vice versa
 - o Vincent van Gogh, ect..
 - o People who are depressed may find solace in art or creativity
 - o Some medications will take away creativity according to depressed artists—don't want treatment
 - People believe they will "lose their identity"

Overview of depression and mania

- Mood disorders= gross deviations in mood
 - o Not just "feeling sad today"
- Composed of different types of mood "episodes": periods of depressed or elevated mood last days or weeks
 - o Major depressive episode
 - Depressed all the time
 - o Persistent depression
 - Low rate of depression over a long period of time
 - o Manic and hypomanic episodes
 - Manic: all the way up
 - Hypomanic: almost all the way up

Words to Know

- Mania

- o Period of abnormally excessive elation or euphoria associated with some mood disorders
- o Manic episode: period of mania
- o Hypomanic episode: DSM IV criteria
 - A distinct period of persistently elevated, expansive or irritable mood, last throughout at least 4 days, that is clearly different from the usual nondepressed mood
- Depressive episode
 - o Depressed mood for most of the day (irritability in children and adolescents)
 - o Anhedonia: pleasure
 - o Extreme fatigue
 - o Longer than 2 months

DSM- 5 depressive disorders

- Major depressive disorder
- Persistent depressive disorder (used to by dysthymia)
- New to DSM- 5
 - o Premenstrual dysphoric disorder
 - Hormones involved
 - o Disruptive mood dysregulation disorder

DSM- 5 Bipolar disorder

- Bipolar disorder I: go from mania and depression
- Bipolar disorder II: also go from mania and depression
- Cyclothymic disorder

Types of Mood disorders

- Major depressive episode
 - o Anhedonia: last at least two weeks and can go much longer
 - Being very sad

- Depression
 - o Extremely depressed mood and/or loss of pleasure (anhedonia)
 - Lasts most of the day, nearly every day for at least two weeks
 - o At least 4 additional physical or cognitive symptoms
 - Ex: indecisiveness, feeling of worthlessness, fatigue, appetite change, restlessness or feeling slowed down, sleep disturbance
- Mania
 - o Elevated, expansive mood for at least one week
 - o Inflated self-esteem, decreased need for sleep, excessive talkativeness, flight of ideas or sense that thoughts are racing, easy distractibility, increase in goal-directed activity or psychomotor agitation, excessive involvement in pleasurable but risky behavior (unprotected sex, jumping off of a building...)
 - o Impairment in normal function
- Hypomanic episode
 - o Shorter, less severe version of manic episodes
 - o Lasts at least 4 days
 - o Have fewer and milder symptoms
 - o Associated with less impairment than a manic episode
 - Less risky behavior
 - o May not be problematic in and of itself, but usually occurs in the context of a more problematic mood disorder
- “Mixed features” = term for a mood episode with some elements reflecting the opposite valence of mood
 - o Example: depressive episode with some manic features
 - o Example: manic episodes with some depressed/anxious features

Persistent Depressive Disorder: an overview

- At least two years of depressive symptoms
 - o Depressed mood most of the day on more than 50% of days
 - o N more than two months symptom free