

Mood Disorders I

- Unipolar Depression & Bipolar Disorder
 - Symptoms
 - Classification
 - Epidemiology

To understand mood disorders, we must understand the differences between:

- Emotion - Subjective states of feeling
 - E.g., sadness, anger, disgust
- Affect - Observable behavior that goes with emotion
 - E.g., facial expression
- Mood - Pervasive and sustained emotional response
 - E.g., depression and elation
- What distinguishes normal sadness from clinical depression?
 - Pervasiveness
 - Absence of situational cues
 - Additional signs and symptoms
 - Subjective quality - doesn't feel like 'normal sadness'
 - Some mood variation is normal...
- Mood disorders
 - Involve discrete periods of time dominated by depressed and/or manic mood, which is reflected in a person's behavior
 - Cause clinically significant distress, impairment, and/or possibility of harm to person
- Unipolar Disorders
 - Major Depressive Disorder
 - Dysthymia

■ Bipolar Disorders

- Bipolar I
- Bipolar II
- Cyclothymia

Major Depressive Disorder (MDD)

- Symptoms:
 - ≥ 1 major depressive episodes (MDEs)
 - Episode must last at least 2 weeks
- No manic or unequivocal hypomanic episodes

Major Depressive Episode

- 5 of 9 symptoms, experienced most of the day, nearly every day, for at least TWO WEEKS!!
 - Emotional Symptoms
 - Depressed mood*, loss of interest/pleasure in activities,* feelings of worthlessness/guilt
 - Physical Symptoms
 - Weight loss/gain, sleep difficulties, psychomotor retardation/agitation, loss of energy
 - Cognitive Symptoms
 - Problems with concentration and decision-making, recurrent thoughts of death
- Depression with Melancholic Features
 - early morning wakening, weight loss, not reactive to fun things
- Depression with Atypical Features
 - Will brighten to fun things; over-eat and over-sleep; not rare
- Depression with Catatonic Features
- Depression with [Postpartum Onset](#)
- Depression with Seasonal Pattern

- AKA "[Seasonal Affective Disorder](#)"

**Also, severe depression can have psychotic features

Dysthymic Disorder

- Depressed mood for at least 2 years, more days than not but:
 - No MDE during first 2 years
 - Never without these symptoms for longer than 2 months

Epidemiology for Unipolar Disorders

- Lifetime prevalence
 - 17% for MDD
 - 3% for Dysthymic Disorder
 - Women 2x more likely to develop MDD than men
 - Lifetime prevalence: 26% of women vs. 12% of men
 - ...But in kids, prevalence is similar among boys and girls
- Common comorbidities:
 - Anxiety Disorders are most common (40%)
 - Also substance abuse (18%)
- Some theories:
 - Differences in cortisol, melatonin, and serotonin
 - Life-stress
 - Body dissatisfaction
 - Distraction vs. Rumination
- Differences in prevalence due to other factors?
 - Race/ ethnicity
 - Education
 - Lower = more risk