

Mood Disorders

An Overview of Mood Disorders

- Mood Disorders
 - Gross deviations in mood
 - Include episodic mood shifts:
 - Major depressive episodes
 - Manic episodes
 - Mixed episodes
 - Hypomanic episodes

An Overview of Mood Disorders

- Depressive Disorders
 - Major depressive disorder
 - Dysthymic disorder
- Bipolar Disorders
 - Bipolar I
 - Bipolar II
 - Cyclothymia

Major Depression: An Overview

- Major Depressive Episode (5 or more present in 2 week period)
 - Depressed mood
 - Anhedonia
 - Weight loss/gain
 - Insomnia/hypersomnia
 - Psychomotor agitation/retardation
 - Fatigue
 - Worthlessness/guilt
 - Problems with concentration/decisiveness
 - Recurrent thoughts of death/suicidality

Major Depressive Disorder

- Major Depressive Disorder
 - Single episode: Highly unusual
 - Recurrent episodes: More common

Dysthymia

- Overview and Defining Features
 - Symptoms are milder than major depression
 - Persists for at least 2 years
 - No more than 2 weeks symptom free
 - Symptoms can persist unchanged over long periods (≥ 20 years)
 - Greater chronicity
 - Poorer prognosis

- Must have at least 2 of the following:
- *And* must have no major depressive episodes during first 2 years, and no manic, mixed, or hypomanic episodes (ever)
 - Poor appetite/overeating
 - Insomnia/hypersomnia
 - Low energy/fatigue
 - Low self-esteem
 - Poor concentration/decision making
 - Feelings of hopelessness

- *Major depressive episodes and dysthymic disorder can exist simultaneously*
 - Dysthymic disorder often develops first
 - Associated with severe psychopathology
 - Associated with a problematic future course
 - Sometimes called “Double Depression”

Bipolar I Disorder

- Overview and Defining Features
 - Alternations between manic or mixed episodes and depressive episodes
- Facts and Statistics
 - Can begin in childhood
 - Tends to be chronic
 - Suicide is a common consequence

Bipolar II Disorder

- Overview and Defining Features
 - Alternations between major depressive and hypomanic episodes
- Facts and Statistics
 - 10 to 13% of cases progress to full Bipolar I disorder
 - Tends to be chronic

- *Manic Episode* (distinct period of elevated, expansive, or irritable mood lasting at least 1 week); must have 3 (4 if mood is only irritable) or more of the following:
 - Grandiosity
 - Decreased need for sleep
 - Increased talking
 - Flight of ideas
 - Distractibility
 - Goal-directed activity
 - Excessive involvement in pleasurable activities

- *Hypomanic Episode* (distinct period of elevated, expansive, or irritable mood lasting at least 4 days); must have 3 (4 if mood is only irritable) or more of the following:
 - Grandiosity
 - Decreased need for sleep
 - Increased talking
 - Flight of ideas
 - Distractibility
 - Goal-directed activity
 - Excessive involvement in pleasurable activities
- *Not severe enough to cause impairment in functioning/hospitalization; no psychotic features*

- *Mixed Episode* (all criteria except duration are met for both manic and depressive episodes nearly every day for at least a week)
- Disturbance is severe enough to cause impairment in functioning

Cyclothymic Disorder

- Overview and Defining Features
 - Chronic type of bipolar mood disorder
 - Periods of hypomanic and depressed symptoms, but have not met criteria for Major Depressive, Manic, or Mixed Episode
 - Must last for at least 2 years (1 year for children and adolescents)
 - Cyclothymia tends to be chronic and lifelong
 - High risk for developing Bipolar I or II

Mood Disorder Specifiers

- Severity/Psychotic/Remission (for current or most recent episode)
 - Mild; moderate; severe w/out psychotic features; severe w/ psychotic features; in partial remission; in full remission
- Course
 - Longitudinal course
 - applies to recurrence, inter-episode recovery, and superimposition on Dysthymia
 - Rapid cycling
 - Applies to bipolar I and II disorder only
 - Seasonal pattern
 - Episodes covary with changes in the season

Mood Disorder Specifiers

- Other specifiers:
 - Chronic
 - Catatonic Features
 - Melancholic Features
 - Atypical Features
 - Postpartum Onset