



PSYCHOLOGY
(8th Edition, in Modules)
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PowerPoint Slides
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Mood Disorders

Module 50

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Psychological Disorders

Mood Disorders

- Major Depressive Disorders
- Bipolar Disorder
- Explaining Mood Disorders

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Mood Disorders

Emotional extremes of **mood disorders** come in two principal forms.

1. Major depressive disorder
2. Bipolar disorder

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OBJECTIVE 50-1 | Define *mood disorders*, and contrast major depressive disorder and bipolar disorder.

Major Depressive Disorder

Depression is the “common cold” of psychological disorders. In a year 5.8% men and 9.5% women report depression worldwide (WHO, 2002).

Blue mood	Major Depressive Disorder
Gasping for air after a hard run	Chronic shortness of breath

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Major Depressive Disorder

Major depressive disorder occurs when **signs** of depression last two weeks or more and are not caused by drugs or medical conditions.

Signs include:

1. Lethargy and tiredness
2. Feelings of worthlessness
3. Loss of interest in family & friends
4. Loss of interest in activities

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Dysthymic Disorder

Dysthymic disorder lies between blue mood and major depressive disorder. A disorder characterized by daily depression lasting two years or more.



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Bipolar Disorder

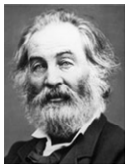
Formerly called manic-depressive disorder, alteration between depression and mania signals bipolar disorder.

Depressive Symptoms	Manic Symptoms
Gloomy	Elation
Withdrawn	Euphoria
Inability to make decisions	Desire for action
Tired	Hyperactive
Slowness of thought	Multiple ideas

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Bipolar Disorder

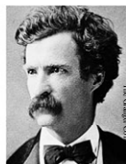
Many great writers, poets, composers suffered from bipolar disorder. During their manic phases, their creativity surged and dropped off during their depressive phases.



Whitman



Wolfe



Clemens



Hemingway

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Explaining Mood Disorders

Since depression is so prevalent worldwide, investigators want to develop a theory of depression that will suggest ways to treat it.

Lewinsohn et al., (1985, 1995) note that a theory of depression should explain:

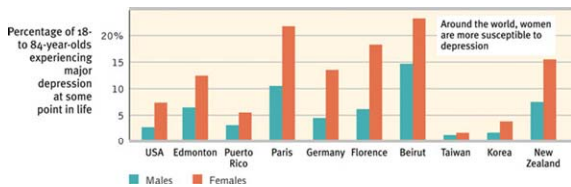
1. Behavioral and cognitive changes
2. Common causes of depression

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OBJECTIVE 50-2| Discuss the facts that an acceptable theory of depression must explain.

Theory of Depression

3. Gender differences



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Theory of Depression

4. Depressive episodes self-terminate.
5. Depression is increasing, especially in the teens.



Post-partum depression

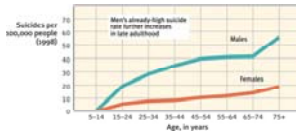
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Suicide

The most severe form of behavioral response to depression is suicide. Each year some 1 million people commit suicide worldwide.

Suicide Statistics

1. National differences
2. Racial differences
3. Gender differences
4. Age differences
5. Other differences



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Biological Perspective

Genetic Influences: Mood disorders run in families. Rates of depression is higher in identical (50%) than fraternal twins (20%).

Linkage analysis and associations studies link possible genes and dispositions for depression.



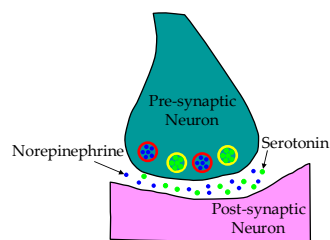
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OBJECTIVE 50-3| Summarize the contribution of the biological perspective to the study of depression, and discuss the link between suicide and depression.

Neurotransmitters & Depression

Reduction of **norepinephrine** and **serotonin** has been implicated in depression.

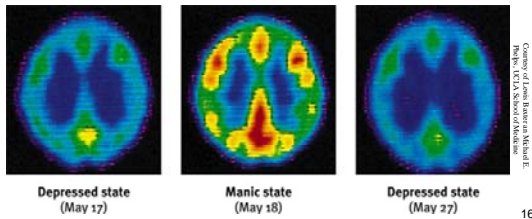
Drugs that alleviate mania reduce norepinephrine.



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The Depressed Brain

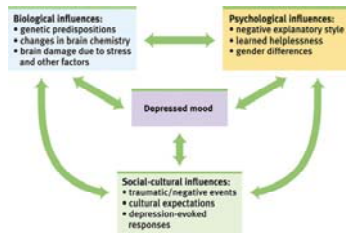
PET scans show that brain energy consumption rises and falls with manic and depressive episodes.



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Social-Cognitive Perspective

The social-cognitive perspective suggests that depression arises partly from **self-defeating beliefs** and **negative explanatory styles**.



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OBJECTIVE 50-4 Summarize the contribution of the social-cognitive perspective to the study of depression, and describe the events in the cycle of depression.

Depression Cycle

1. The negative stressful events.
2. Pessimistic explanatory style.
3. Hopeless depressed state.
4. Hampers the way the individual thinks and acts, and thus fuels personal rejection.



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Example



Explanatory style plays a major role in becoming depressed.

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