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Mood Disorder

B.A.Part- 2

Psychology
(Subs.)

Paper -2

Mood Disorder

- A mood disorder is a mental health problem that primarily affects a person's emotional state.
- It is a disorder in which a person experiences long periods of extreme happiness, extreme sadness, or both.

Cont..

- Two of the most common mood disorders are depression and bipolar disorder.

Major Depression Disorder

- Depression is a common mental disorder. Grief or sadness is a typical response to a traumatic life event or crisis, such as the death of a spouse or family member, loss of a job, or a major illness.
- However, when the depression continues to be present even when stressful events are over or there is no apparent cause, physicians would then classify the depression as clinical or major depression.

Cont..

- A major depressive episode must last at least 2 weeks , and at least four symptoms from a list that include
 - - change in appetite and weight
 - - lack of energy
 - - feeling of guilt
 - -thoughts of death and suicide
 - - problems in thinking and decisions making

Bipolar disorder

- Bipolar disorder is defined by swings in mood from periods of depression to mania.
- When someone experiences a low mood, symptoms may resemble those of a clinical depression. Depressive episodes alternate with manic episodes or mania. During a manic episode, a person may feel elated or can also feel irritable or have increased levels of activity.

Bipolar-I

- **Bipolar I** - This is the most severe form. Manic episodes last at least seven days or may be severe enough to require hospitalization.
- Depressive episodes will also occur, often lasting for at least two weeks.
- Sometimes symptoms of both mania and depression are present at the same time.

Bipolar II disorder

Bipolar II disorder, the "up" moods never reach full-blown mania. The less-intense elevated moods in bipolar II disorder are called hypomania.

A person affected by bipolar II disorder has had at least one hypomanic episode in his or her life.

Most people with bipolar II disorder suffer more often from episodes of depression.

- This is where the term “manic – depressive” comes from.

Cyclothymic disorder

- Cyclothymic disorder is a relatively mild mood disorder.
- In cyclothymic disorder, moods swing between short periods of mild depression and hypomania.
- The low and high mood swings never reach the severity of depression or full manic episodes.

Unspecified bipolar disorder

- “Other” or “unspecified” bipolar disorder - Symptoms of this type of bipolar disorder do not meet the criteria for one of the other types but people still have significant, abnormal changes in mood.

Causes

- There may be several underlying factors, depending on the type of the disorder. Various genetic, biological, environmental, and other factors have been associated with mood disorders.

Causes cont..

- Risk factors include -
- Family history
- Previous diagnosis of a mood disorder
- Trauma, stress or major life changes in the case of depression
- Physical illness or use of certain medications.
- Brain structure and function in the case of bipolar disorder

Treatment

- 1. Lithium therapy
- 2. Adjunctive psychotherapy
- 3. Cognitive therapy
- 4. Yoga therapy