

## **Quadrant II – Transcript and Related Materials**

**Programme:** Bachelor of Arts

**Subject:** Psychology

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**Paper Title:** Understanding Psychological Disorders

**Unit:** II

**Module Name:** Mood Disorder: Characteristics & Symptoms

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### **Notes:**

#### **Mood Disorders Characteristics and Symptoms**

##### **Major Depressive Disorder**

The diagnostic criteria for major depressive disorder require that a person must be in a major depressive episode and never have had a manic, hypomanic or mixed episode.

##### **Depression As A Recurrent Disorder**

When a diagnosis of MDD is made it is usually also specified whether this is a first and therefore single (initial), episode or a recurrent episode (preceded by one or more previous episodes).

Depressive episodes typically last about 6 or 9 months if untreated.

This return of symptoms is of one of two types: relapse and recurrence.

**Relapse** refers to the return of symptoms within a fairly short period of time, a situation that probably reflects the fact that the underlying episode of depression has not yet run its course.

Relapse may occur when pharmacotherapy is terminated prematurely-

**Recurrence** which refers to the onset of a new episode of depression.

The probability of recurrence increases with the number of prior episodes and also when the person has comorbid disorders.

### **Depression Throughout the Life Cycle**

Unipolar mood disorder most often occurs at any time from early childhood to old age.

About 1 to 3% of school age meet the criteria for some form of unipolar depressive disorder.

Approximately 15 to 20 percent of adolescents experience major depressive disorder at some point and subclinical levels of depression affect a further 10 to 20%.

The prevalence of major depression is significantly lower in people over age 65 than in younger adults.

Unfortunately, depression in later life can be difficult to diagnose because many of the symptoms overlap with those of several medical illnesses and dementia.

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### **Persistent Depressive Disorder**

Persistent Depressive Disorder (formally called dysthymic disorder

Or dysthymia) is a disorder characterised by persistently depressed mood most of the day for more days than not for at least 2 years (1 year for children and adolescents)

In addition individuals must have at least two of six additional symptoms when depressed.

Period of normal mood may occur briefly, but they usually last for only a few days to a few weeks (and for a maximum of 2 months).

Although persistent depressive disorder is distinguished from MDD the two disorders sometimes co-occur in the same person a condition given the designation double depression.

### **Major Depressive Disorder**

a) Five (or more) of the following symptoms have been present during the same 2 week period and represent a change from previous functioning; at least one of the symptoms is either.

1. Depressed mood or

2. Loss of interest or pleasure.

Do not include symptoms that are clearly attributable to another medical condition.

1. Depressed mood most of the day, nearly every day.
  2. Diminished interest or pleasure in all or almost all activities.
  3. Significant weight loss when not dieting or weight gain.
  3. Insomnia or hypersomnia nearly every day.
  4. Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)
  5. Fatigue or loss of energy nearly every day.
  6. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day.
  7. Diminished ability to think or concentrate or indecisiveness, nearly every day (either by subjective account or as observed by others)
  8. Recurrent thoughts of death (not just fear of dying), or a suicide attempt or a specific plan for committing suicide.
- B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- C. The episode is not attributable to the direct physiological effects of a substance or another medical condition.
- D. The Major Depressive Episode is not better accounted for by Schizoaffective Disorder and is not superimposed on Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder Not Else Classified.
- E. There has never been a Manic Episode or a Hypomanic Episode.

### **Unipolar Mood disorders:**

#### **Depression that are not mood disorders**

1. Loss and the grieving process:
2. Grief is a psychological process one goes through following the death of a loved one—a process that appears to be more difficult for men than for women.

Bowlby's classic observations revealed that there are usually four phases of normal response to the loss of a spouse or close family member.

1. Numbing and disbelief that may last from a few hours to a week and may be interrupted by outbursts of intense distress, panic or anger.
2. Yearning and searching for the dead person, which may last for weeks or months. Symptoms include restlessness, insomnia, and preoccupation (anger) with the dead person.
3. Disorganization and despair that set in after yearning and searching diminish. This is when the person finally accepts the loss as permanent and tries to establish a new identity.
4. Some level of reorganization when people gradually begin to rebuild their lives, sadness abates, and zest for life returns.
5. Traditionally, failing to exhibit grief under conditions in which it seems warranted has been a cause of concern because it was thought to suggest that the person was not fully processing the loss at least at a psychological level.
6. Research indicates that about 50% exhibit genuine resilience in the face of loss with minimum short lived symptoms of depressions.

### **Postpartum 'Blues':**

Post partum depression occurs in new mothers following the birth of a child.

The symptoms include emotional lability, crying easily, and irritability often liberally intermixed with happy feelings.

Such symptoms occur in as many as 50 to 70% of women within 10 days of the birth of their child and usually subside on their own.

### **Dysthymic Disorder:**

Dysthymic disorder is considered to be of mild to moderate intensity but its hallmark is its chronicity.

To diagnose dysthymic disorder a person must have a persistently depressed mood most of the day for at least 2 years (1 year for children and adolescents).

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