



- Think of a time that you were sad, maybe even depressed. Remember how you felt. Describe the situation, and how you felt.
- Now, describe/explain what helped you get happy again.

## **MOOD DISORDERS**

Involve disturbances in the experience and expressions of depression.

## MAJOR DEPRESSIVE DISORDERS

- Severe form of lowered mood in which a person experiences feelings of worthlessness and diminished pleasure or interest in many activities.
- Can range from mild feelings of uneasiness and sadness to intense suicidal despair.
- Feelings can not be associated to bereavement (loss of love one).
- Four symptoms:
  1. Problems with eating, sleeping or thinking, concentrating or decision making.
  2. Lacking in energy
  3. Thinking about suicide
  4. Feeling of worthlessness or guilt.

## BIPOLAR (MANIC DEPRESSION)

- Individuals are excessively and inappropriately happy or unhappy.
- Manic Phase: a person experiences elation, extreme confusion, and racing thoughts.
  - ✓ May act as though they need less sleep, activity level increases.
  - ✓ Hard to detect, still in touch with reality.
- Depressive Phase: overcome feelings of failure, sinfulness, worthlessness and despair.
  - ✓ May act lethargic and unresponsive.



Episode 30

# DEPRESSIVE & BIPOLAR DISORDERS





## SEASONAL AFFECTIVE DISORDER (SAD)

Depression during the winter months, spirits lift during the spring and summer.

Researchers say that the hormone Melatonin may play role.

Less light in winter, means more Melatonin is secreted by the brain.

Higher level of Melatonin may cause SAD.

## EXPLAINING MOOD DISORDERS

Psychological factors that impact mood disorders:

personality traits

self esteem

amount of social support

ability to deal with difficult situations

Biological factors may also be playing role: serotonin, noradrenaline, genetic factors, faulty brain structure and function.