

# Major Depressive Disorder

- more than just feeling "down."
- more than just feeling sad about something.
- A person, for no apparent reason, experiences two or more weeks of depressive moods.

- Includes feelings of worthlessness and diminished interest or pleasure in most activities.



◆ **Clinical Description**

**2 Weeks or More**

# Major Depressive Disorder

Major Depressive Disorder occurs without any incidence of mania.

In a year, 5.8% of men and 9.5% of women report depression worldwide (WHO, 2002).

Blue mood

Major Depressive Disorder

Gasping for air after a hard run

Chronic shortness of breath

# Criteria of Major Depressive Disorders

Major depressive disorder is not just one of these symptoms.

It is one or both of the first two, PLUS three or more of the rest.

- Depressed mood most of the day, and/or
- Markedly diminished interest or pleasure in activities
- Significant increase or decrease in appetite or weight
- Insomnia, sleeping too much, or disrupted sleep
- Lethargy, or physical agitation
- Fatigue or loss of energy nearly every day
- Worthlessness, or excessive/inappropriate guilt
- Daily problems in thinking, concentrating, and/or making decisions
- Recurring thoughts of death and suicide

# Major Depression: Not Just a Depressive Reaction



- Some people make an unfair criticism of themselves or others with major depression: "There is nothing to be depressed about."
- If someone with asthma has an attack, do we say, "what do you have to be gasping about?"
- It is bad enough to have MDD that persists even under "good" circumstances. Don't add criticism by implying the depression is an exaggerated response.

# Increasing rates of depression

- Rates of depression have increased 10-20 times compared to 50 years ago.
  - The average age of a person experiencing depression has gone down.
- Seligman identifies three causes of this trend.
  - 1. **Out of control individualism/self-centeredness** - focus on individual success and failures rather than group accomplishments.

# Increasing rates of depression

- 2. **The self-esteem movement** - teaching a generation of children they should feel good about themselves, irrespective of their efforts and achievements.
- 3. **A culture of victimology** - reflexively pointing the finger of blame at someone or something else.



# Dysthymic Disorder (Persistent Depressive Disorder)



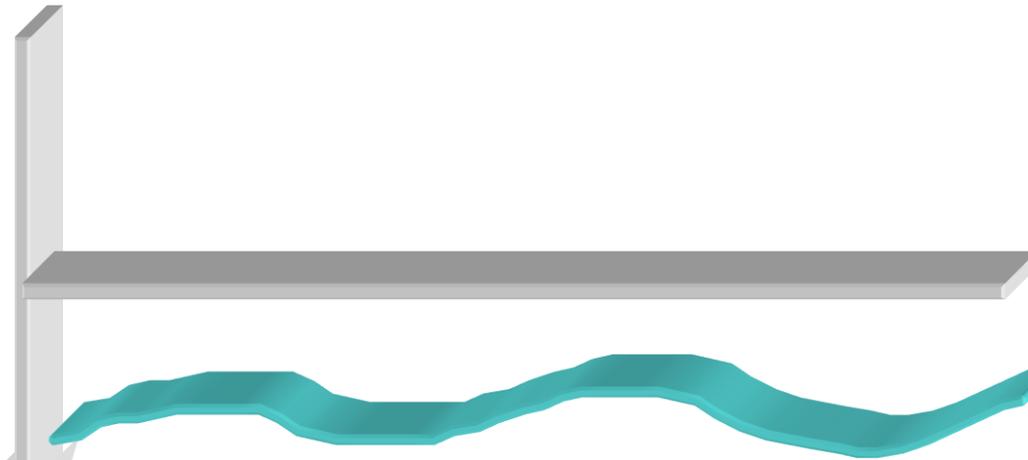
• Suffering from mild depression every day for at least two years.

## ◆ Clinical

## Description

**2 Years or More**

1. Poor appetite or overeating
2. Insomnia or hypersomnia
3. Low energy or fatigue
4. Low self-esteem
5. Poor concentration or difficulty making decisions
6. Feelings of hopelessness



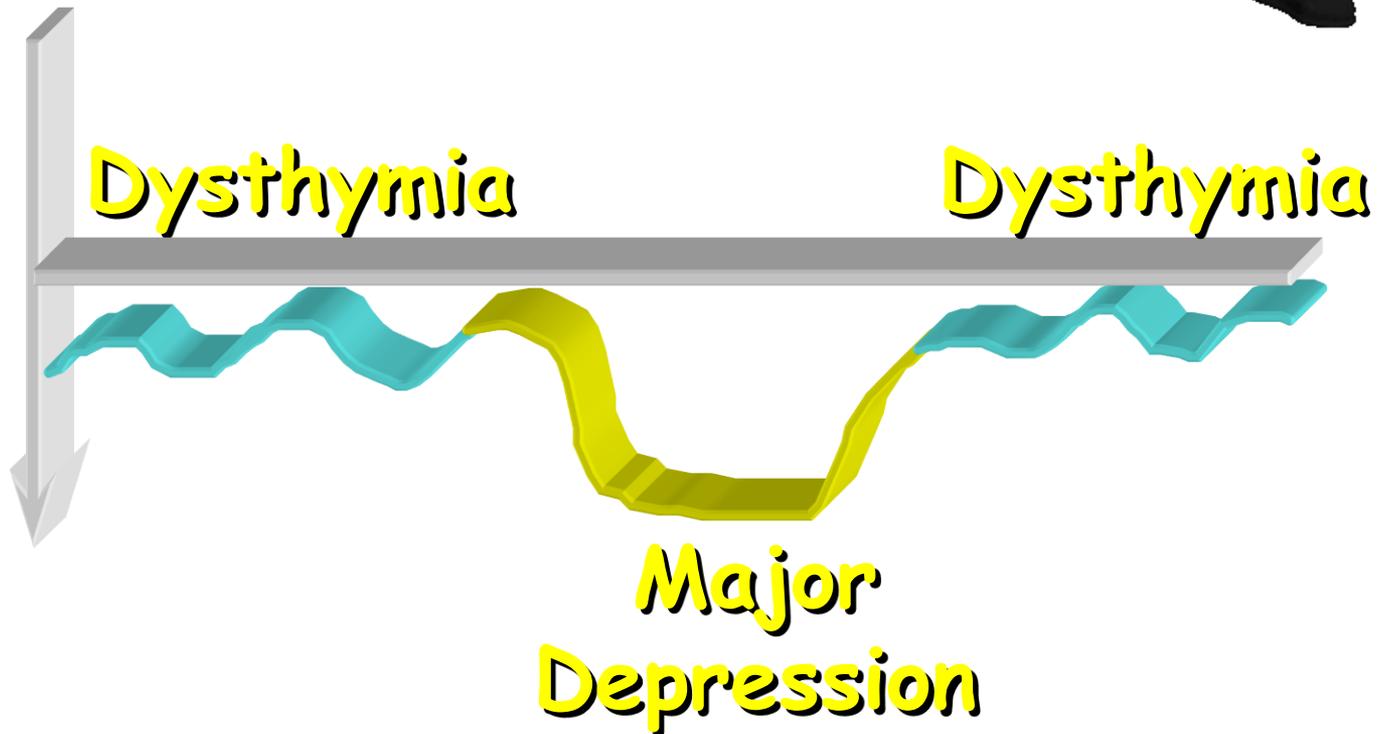
Blue  
Mood

Dysthymic  
Disorder

Major Depressive  
Disorder

# Double Depression

## ◆ Clinical Description



# Seasonal Affective Disorder [SAD]

- Seasonal affective disorder is more than simply disliking winter.
- Seasonal affective disorder involves a recurring seasonal pattern of depression, usually during winter's short, dark, cold days.
- Survey: "Have you cried today"? Result: More people answer "yes" in winter.

	Percentage who cried	
	Men	Women
August	4	7
December	8	21

# S.A.D. and Light Therapy



# Bipolar Disorder

- Bipolar disorder was once called "manic-depressive disorder."
- Bipolar disorder's two polar opposite moods are depression and mania.

**Mania** refers to a period of *hyper-elevated mood that is euphoric, giddy, easily irritated, hyperactive, impulsive, overly optimistic, and even grandiose.*

## Contrasting Symptoms

**Depressed mood:** stuck feeling "down," with:

- exaggerated pessimism
- social withdrawal
- lack of felt pleasure
- inactivity and no initiative
- difficulty focusing
- fatigue and excessive desire to sleep

**Mania:** euphoric, giddy, easily irritated, with:

- exaggerated optimism
- hypersociality and sexuality
- delight in everything
- impulsivity and overactivity
- racing thoughts; the mind won't settle down
- little desire for sleep

# Bi-Polar Disorder - Homeland

**there are always two sides to a story**

## **Depression in Bipolar I**

Depression in bipolar I can be debilitating. You may feel so sad or worthless that you can't even get out of bed or tend to your responsibilities. It can even lead to suicide if left untreated.

## **Mania**

People with bipolar I suffer from severe manic episodes. These episodes can include elevated mood, racing thoughts, dangerous impulsive behavior such as spending sprees and indiscriminate sexual activity, and inappropriate aggression.

## **Depression in Bipolar II**

In bipolar II, depression is painful but not crippling. You can still function, though you feel miserable. You may feel like you're just going through the motions and not enjoying life.

## **Hypomania**

In bipolar II, patients experience hypomania. Symptoms are similar to mania but are not as extreme, and don't necessarily have a negative impact on your life like mania does.

**Hypomania:** *"At first when I'm high, it's tremendous ... ideas are fast ... like shooting stars you follow until brighter ones appear... All shyness disappears, the right words and gestures are suddenly there ... uninteresting people, things become intensely interesting. Sensuality is pervasive, the desire to seduce and be seduced is irresistible. Your marrow is infused with unbelievable feelings of ease, power, well-being, omnipotence, euphoria ... you can do anything ... but somewhere this changes."*

**Mania:** *"The fast ideas start coming too fast and there are far too many ... overwhelming confusion replaces clarity ... you stop keeping up with it ... memory goes. Infectious humor ceases to amuse. Your friends become frightened ... everything is now against the grain ... you are irritable, angry, frightened, uncontrollable, and trapped."*

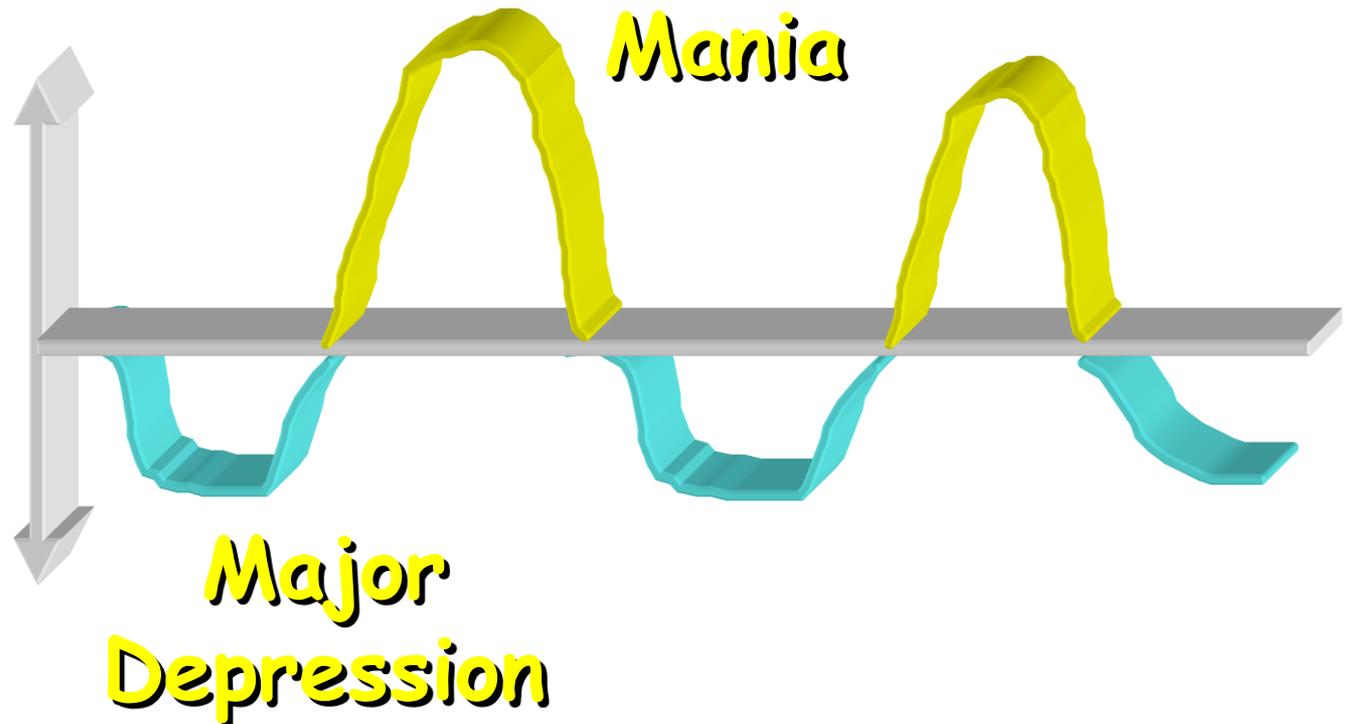
# Bipolar Disorder.

About one-half to two-thirds of people with mania have psychotic symptoms.

In hypomania, no psychotic symptoms are present.

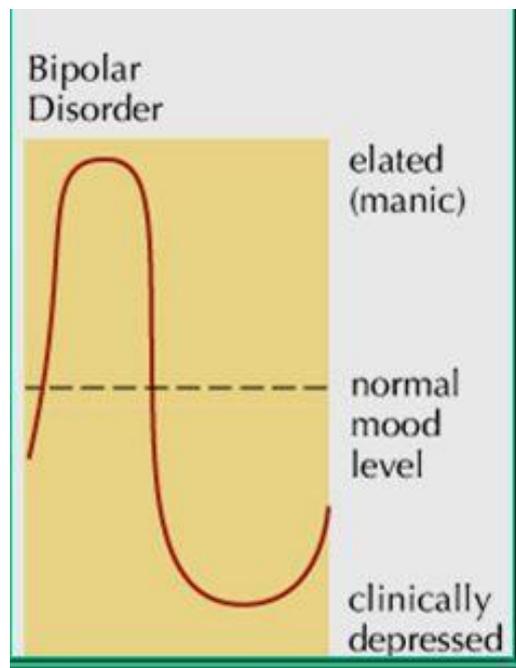
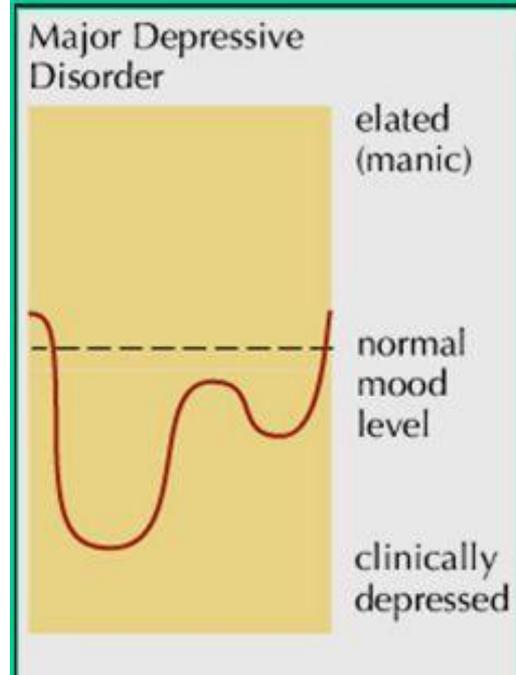
- more than "mood swings."
- depression plus the problematic overly "up" mood called "mania."

## ◆ Clinical Description



# MDD

Long-lasting depressed mood that interferes with the ability to function, feel pleasure, or maintain interest in life.



# Bi-polar

Repeated episodes of mania and depression

## Chase



I can't stop Mommy, I need somebody's help.

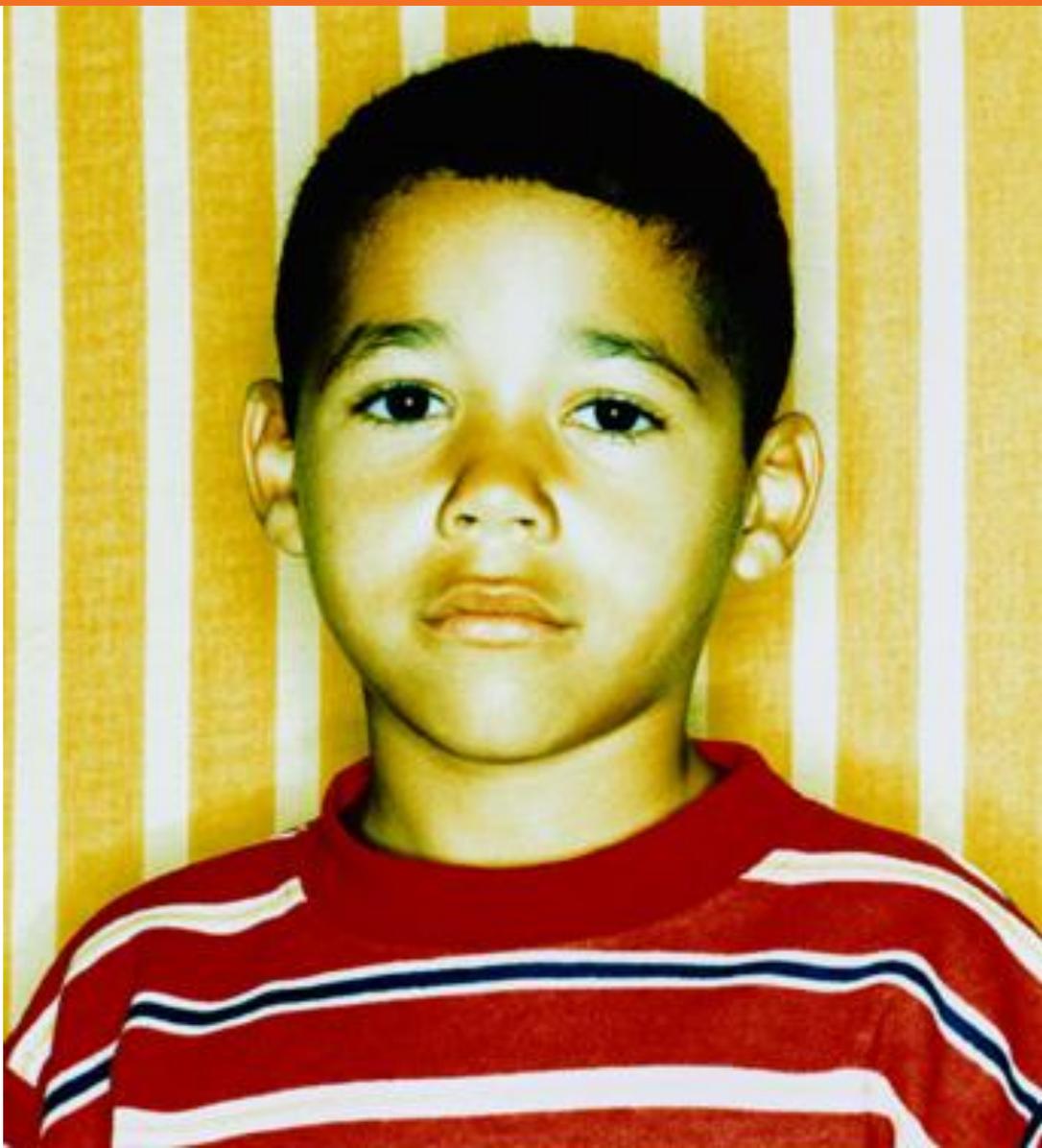


## Kelsey

The anger ball is growing and growing and growing inside of me. I couldn't stop it.

# Bipolar Disorder in Children and Adolescents

- Does bipolar disorder show up before adulthood, and even before puberty?
- Many young people have cycles from depression to extended rage rather than mania.
- The DSM-V may have a new diagnosis for these kids: **disruptive mood dysregulation disorder**.



# Bipolar Mysteries - Chase

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# Bipolar Mysteries - Kelsey

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