

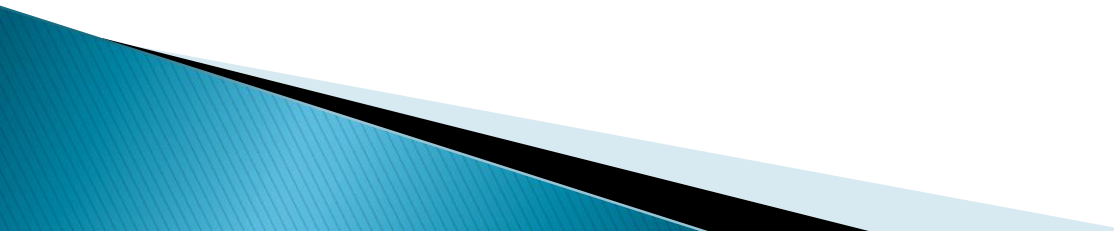
# Mood Disorders

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# Mood disorders

- ▶ Group of clinical conditions characterised by –  
loss of the sense of control – a subjective  
experience of great distress. Elevated mood  
Depressed mood Others  
Expansiveness Lack of  
energy /interest Change in activity level Flight of  
ideas Feelings of guilt Change in Cognitive  
abilities Decreased sleep Difficulty in  
concentration Change in speech Grandiose ideas  
Loss of appetite Change in biological functions  
Thoughts of death /suicide .
- ▶ Importance: virtually always impair interpersonal,  
social and occupational functioning

# Types of Mood disorders

1. Depressive Disorder–
    - a. Dysthymic Disorder
    - b. Major Depressive Disorder
  2. Bipolar Disorder–
    - a. Cyclothymic Disorder
    - b. Bipolar–I
    - c. Bipolar–II
  3. Other Mood Disorder
- 

# 1. Depressive disorder

## a. Major Depressive Disorder:

According to DSM-IV-TR, a major depressive disorder occurs without a history of a manic, mixed, or hypomanic episode. • A major depressive episode must last at least 2 weeks, and typically a person with a diagnosis of a major depressive episode also experiences at least four symptoms from a list that includes : - changes in appetite and weight, - changes in sleep and activity, - lack of energy, - feelings of guilt, - problems thinking and making decisions, - recurring thoughts of death or suicide.

## b. Dysthymic disorder

- ▶ At least 2 years of depressed mood – not sufficiently severe to fit the diagnosis of major depressive episode.

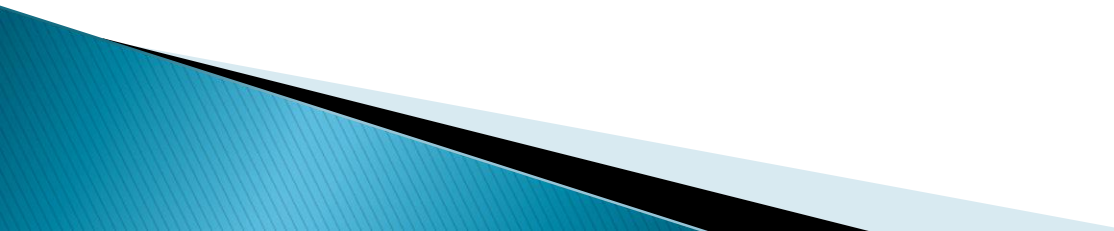
## 2. Bipolar Disorder

a. Bipolar I disorder – a clinical course of one or more manic episodes and, sometimes, major depressive episodes

b. Bipolar II disorder – A variant of bipolar disorder – episodes of major depression and hypomania (rather than mania)

c. Cyclothymic disorder – at least 2 years of frequently occurring • hypomanic symptoms cannot fit the diagnosis of manic episode • depressive symptoms that cannot fit the diagnosis of major depressive episode.

# Treatment of Unipolar Depression

- ▶ Psychodynamic Therapy
  - ▶ Behavioral Therapy
  - ▶ Interpersonal Therapy
  - ▶ Cognitive Therapy
  - ▶ Yoga Therapy
  - ▶ Biological Therapy
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# Treatment of Bipolar Disorder

- ▶ Lithium Therapy
  - ▶ Adjunctive Psychotherapy
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▶ Thank you-

- ▶ Link to you tube video–

<https://www.youtube.com/watch?v=KSvk8LLBo2g>