

Chapter 8 Handouts

Mood Disorders

Mood Disorders

Two key emotions on a continuum:

Depression ←—————→ Mania

Depression

- Low, sad state in which life seems dark and overwhelming

Mania

- State of breathless euphoria and frenzied energy

Mood Disorders

Most people with a mood disorder experience only depression

- This pattern is called _____

- Person has no history of mania
- Mood returns to normal when depression lifts

Some people experience periods of depression that alternate with periods of mania

- This pattern is called _____

One might logically expect a third pattern – unipolar mania, in which people suffer from mania only – but this pattern is uncommon

Mood Disorders

- These disorders have always captured people's interest
 - Millions of people have mood disorders
 - Economic costs of mood disorders amount to more than \$80 billion each year
 - Human suffering is incalculable

Unipolar Depression

- The term "depression" is often used to describe general sadness or unhappiness
 - This usage confuses a normal mood swing with a clinical syndrome
- Clinical depression can bring severe and long-lasting psychological pain that may intensify over time

How Common Is Unipolar Depression?

- About 7% of the U.S. population experiences severe unipolar depression each year
 - As many as 5% experience mild depression
- The prevalence is similar in Canada, England, France, and many other countries
- Approximately 17% of all adults experience unipolar depression at some time in their lives
 - Rates have been steadily increasing since 1915

How Common Is Unipolar Depression?

- In almost all countries, women are _____ as likely as men to experience severe unipolar depression
 - Lifetime prevalence: 26% of women vs. 12% of men
- These rates hold true across socioeconomic classes and ethnic groups
- Approximately 50% recover within six weeks, some without treatment
 - Most will experience _____ at some point

What Are the Symptoms of Depression?

- Symptoms may differ dramatically from person to person
- Five main areas of functioning may be affected:
 - Emotional symptoms
 - Feeling "miserable," "empty," "humiliated"
 - Experiencing little pleasure
 - Motivational symptoms
 - Lacking drive, initiative, spontaneity
 - Between 6% and 15% of those with severe depression commit suicide

What Are the Symptoms of Unipolar Depression?

- Five main areas of functioning may be affected:
 - Behavioral symptoms
 - Less active, less productive
 - Cognitive symptoms
 - Hold negative views of themselves
 - Blame themselves for unfortunate events
 - Pessimism
 - Physical symptoms
 - Headaches, dizzy spells, general pain

Diagnosing Unipolar Depression

- Criteria 1: Major depressive episode
 - Marked by five or more symptoms lasting two or more weeks
 - In extreme cases, symptoms are psychotic, including
 - _____
 - _____
- Criteria 2: _____

Diagnosing Unipolar Depression

- Two diagnoses to consider:
 - _____
 - Criteria 1 and 2 are met
 - _____
 - Symptoms are “mild but chronic”
 - Depression is longer lasting but less disabling
 - Consistent symptoms for at least 2 years
 - When dysthymic disorder leads to major depressive disorder, the sequence is called “_____”

What Causes Unipolar Depression?

- Stress may be a trigger for depression
 - People with depression experience a greater number of stressful life events during the month just prior to the onset of their symptoms
 - Some clinicians distinguish _____ depression from _____ depression, which seems to be a response to internal factors
 - The utility of this distinction is questionable and today’s clinicians usually concentrate on recognizing the situational and the internal aspects of any given case

What Causes Unipolar Depression? The Biological View

■ Genetic factors

- Family pedigree, twin, adoption, and molecular gene studies suggest that some people inherit a
 - Researchers have found that as many as 20% of relatives of those with depression are themselves depressed, compared with fewer than 10% of the general population
 - Twin studies demonstrate a _____:
 - Rates for identical (MZ) twins = 46%
 - Rates for fraternal (DZ) twins = 20%
 - Adoption and molecular gene studies also have implicated a genetic factor in cases of severe unipolar depression

What Causes Unipolar Depression? The Biological View

■ Biochemical factors

- NTs: _____ and _____
 - In the 1950s, medications for high blood pressure were found to cause depression
 - Some lowered serotonin, others lowered norepinephrine
 - This led to “discovery” of effective antidepressant medications which relieved depression by increasing either serotonin or norepinephrine
 - Depression likely involves not just serotonin nor norepinephrine... a complex interaction is at work, and other NTs may be involved

What Causes Unipolar Depression? The Biological View

■ Biochemical factors

- Endocrine system / hormone release
 - People with depression have been found to have abnormal levels of _____
 - Released by the adrenal glands during times of stress
 - People with depression have been found to have _____
 - “Dracula hormone”
 - Other researchers are investigating whether deficiencies of important proteins within neurons are tied to depression

What Causes Unipolar Depression? The Biological View

■ Biochemical factors

- Model has produced enthusiasm but has significant limitations:

- _____

- Do these symptoms correlate with human emotions?

- _____

- Current studies using modern technology are attempting to address this issue

What Causes Unipolar Depression? The Psychological Views

■ Three main models:

- Psychodynamic model

- Not strongly supported by research

- Behavioral model

- Modestly supported by research

- Cognitive model

- Has considerable research support

What Causes Unipolar Depression? The Psychological Views

■ Psychodynamic view

- Link between depression and _____

- When a loved one dies, the mourner regresses to the oral stage

- For most people, grief is temporary

- If grief is severe and long-lasting, depression results

- Those with oral stage issues (unmet or excessively met needs) are at greater risk for developing depression

- Some people experience “_____” (not actual) loss

- Newer psychoanalysts focus on relationships with others (object relations theorists)

What Causes Unipolar Depression? The Psychological Views

■ Psychodynamic view

■ Strengths:

- Studies have offered general support for the psychodynamic idea that depression may be triggered by a major loss
- Research supports the theory that early losses set the stage for later depression
- Research also suggests that people whose childhood needs were improperly met are more likely to become depressed after suffering a loss

What Causes Unipolar Depression? The Psychological Views

■ Psychodynamic view

■ Limitations:

- Early losses don't inevitably lead to depression
 - May not be *typically* responsible for development of depression
- Many research findings are inconsistent
- Theory is largely untestable because of its reliance on unconscious processes

What Causes Unipolar Depression? The Psychological Views

■ Behavioral view

- Depression results from changes in _____ people receive in their lives
 - As life changes, we experience a change (loss) of rewards
- Research supports the relationship between the number of rewards received and the presence or absence of depression
 - _____ are especially important

What Causes Unipolar Depression? The Psychological Views

■ Behavioral View

■ Strengths:

- Researchers have compiled significant data to support this theory

■ Limitations:

- Research has relied heavily on the self-reports of depressed subjects
- Behavioral studies are largely correlational and do not establish that decreases in rewards are the cause of depression

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Two main theories:

- Negative thinking
- Learned helplessness

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Negative thinking

- Beck theorizes four interrelated cognitive components combine to produce unipolar depression:

1. _____
 - Self-defeating attitudes are developed during childhood
 - Beck suggests that upsetting situations later in life can trigger further rounds of negative thinking

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

2. This negative thinking often takes three forms, called the _____:
 - Individuals repeatedly interpret (1) their experiences, (2) themselves, and (3) their futures in negative ways, leading to depression

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

- Negative thinking
3. Depressed people also make _____, including:
 - Arbitrary inferences
 - Minimization of the positive and magnification of the negative
 4. Depressed people experience _____
 - A steady train of unpleasant thoughts that suggest inadequacy and hopelessness

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

- Strengths:
 - There is significant research support for Beck's model:
 - High correlation between the level of depression and the number of maladaptive attitudes
 - Both the cognitive triad and errors in logic are seen in people with depression
 - Automatic thinking has been linked to depression
- Limitations:
 - Research fails to show that such cognitive patterns are the cause and core of unipolar depression

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- Theory asserts that people become depressed when they think that:
 - They no longer have control over the reinforcements in their lives
 - They themselves are responsible for this helpless state

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- Theory is based on Seligman's work with laboratory dogs
 - Dogs subjected to uncontrollable shock were later placed in a shuttle box
 - Even when presented with an opportunity to escape, dogs that had experienced uncontrollable shocks made no attempt to do so
 - Seligman theorized that the dogs had "learned" to be "helpless" and drew parallels to human depression

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- There has been _____ research support for this model
 - Human subjects who undergo helplessness training score higher on depression scales and demonstrate passivity in laboratory trials
 - Animal subjects lose interest in sex and social activities
 - In rats, uncontrollable negative events result in lower serotonin and norepinephrine levels in the brain

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- Recent versions of the theory focus on _____
 - _____ attributions that are _____ and _____ lead to greater feelings of helplessness and possibly depression
 - Example: "It's all my fault [internal]. I ruin everything [global] and I always will [stable]"
 - If they make other kinds of attributions, this reaction is unlikely
 - Example: "She had a role in this also [external], but I have been a jerk lately [specific], and I don't usually act like that [unstable]"

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- Some theorists have refined the helplessness model again in recent years; they suggest that attributions are likely to cause depression only when they further produce a sense of hopelessness in an individual

What Causes Unipolar Depression? The Psychological Views

■ Cognitive views

■ Learned helplessness

- Strengths:
 - Hundreds of studies have supported the relationship between styles of attribution, helplessness, and depression
- Limitations:
 - Laboratory helplessness does not parallel depression in every way
 - Much of the research relies on animal subjects
 - The attributional component of the theory raises particularly difficult questions in terms of animal models of depression

What Causes Unipolar Depression? The Sociocultural View

- Sociocultural theorists propose that unipolar depression is greatly influenced by the social structure in which people live
 - This belief is supported by the finding that depression is often triggered by outside stressors
 - Researchers have also found links between depression and culture, gender, race, and social support

What Causes Unipolar Depression? The Sociocultural View

- How are culture and depression related?
 - Depression is a worldwide phenomena, but the experience of symptoms differs from culture to culture
 - For example, non-Westerners report more _____ (rather than psychological) symptoms
 - As cultures become more Western, symptoms shift

What Causes Unipolar Depression? The Sociocultural View

- How do gender and race relate to depression?
 - Rates of depression are much higher among women than men
 - One sociocultural theory holds that the _____ in society leaves them particularly prone to depression (see Box 8-3)
 - Few differences have been seen *overall* among Caucasians, African Americans, and Hispanic Americans, _____:
 - In a study of one Native American village, lifetime risk was 37% among women, 19% among men, and 28% overall
 - These findings are thought to be the result of economic and social pressures

What Causes Unipolar Depression? The Sociocultural View

- How does social support relate to depression?
 - The availability of social support seems to influence the likelihood of depression
 - Rates of depression vary based on marital status
 - Interpersonal conflict may be a factor
 - Isolation and lack of intimacy also are key factors
 - Research shows that depressed people who lack social support remain depressed longer than those who have a supportive spouse or warm friendships

Bipolar Disorders

- People with a bipolar disorder experience both the _____ and the _____
 - They describe their life as an emotional roller coaster

What Are the Symptoms of Mania?

- Unlike those experiencing depression, people in a state of mania typically experience dramatic and inappropriate rises in mood
- Five main areas of functioning may be affected:
 1. Emotional symptoms
 - Active, powerful emotions in search of outlet
 2. Motivational symptoms
 - Need for constant excitement, involvement, companionship

What Are the Symptoms of Mania?

- Five main areas of functioning may be affected:

3. Behavioral symptoms

- Very active – move quickly; talk loudly or rapidly

- Key word: _____!

4. Cognitive symptoms

- Show poor judgment or planning

- Especially prone to poor (or no) planning

5. Physical symptoms

- High energy level – often in the presence of little or no rest

Diagnosing Bipolar Disorders

- Criteria 1: Manic episode

- Three or more symptoms of mania lasting one week or more

- In extreme cases, symptoms are psychotic

- Criteria 2: History of mania

- If currently experiencing hypomania or depression

Diagnosing Bipolar Disorders

- DSM-IV-TR distinguishes between two kinds of bipolar disorder:

- Bipolar I disorder

- Full manic and major depressive episodes

- Most sufferers experience an alternation of episodes

- Some experience mixed episodes

- Bipolar II disorder

- Hypomanic episodes and major depressive episodes

Diagnosing Bipolar Disorders

- Without treatment, the mood episodes tend to recur for people with either type of bipolar disorder
 - If people experience four or more episodes within a one-year period, their disorder is further classified as rapid cycling
 - If their episodes vary with the seasons, their disorder is further classified as seasonal

Diagnosing Bipolar Disorders

- Regardless of particular pattern, individuals with bipolar disorder tend to experience depression more than mania over the years
 - In most cases, depressive episodes occur three times as often as manic ones, and last longer

Diagnosing Bipolar Disorders

- Between 1% and 2.6% of adults in the world suffer from a bipolar disorder at any given time
- The disorders are equally common in women and men
 - Women may experience more depressive episodes and fewer manic episodes than men
 - Rapid cycling is more common in women

Diagnosing Bipolar Disorders

- The prevalence of the disorders is the same across socioeconomic classes and ethnic groups
- Onset usually occurs between 15 and 44 years of age
- In most cases, the manic and depressive episodes eventually subside, only to recur at a later time
 - Generally, when episodes recur, the intervening periods of normality grow shorter and shorter

Diagnosing Bipolar Disorders

- A final diagnostic option:
 - If a person experiences numerous episodes of hypomania and mild depressive symptoms, a diagnosis of cyclothymic disorder is appropriate
 - Mild symptoms for two or more years, interrupted by periods of normal mood
 - Affects 0.4% of the population
 - May blossom into bipolar I or II disorder

What Causes Bipolar Disorders?

- Throughout the first half of the 20th century, the search for the cause of bipolar disorders made little progress
- More recently, biological research has produced some promising clues
 - New insights have come from research into NT activity, ion activity, brain structure, and genetic factors

What Causes Bipolar Disorders?

■ Neurotransmitters

- After finding a relationship between low norepinephrine and unipolar depression, early researchers expected to find a link between high norepinephrine levels and mania
 - This theory is supported by some research studies; bipolar disorders may be related to overactivity of norepinephrine

What Causes Bipolar Disorders?

■ Neurotransmitters

- Because serotonin activity often parallels norepinephrine activity in unipolar depression, theorists expected that mania would also be related to high serotonin activity
 - Although no relationship with HIGH serotonin has been found, bipolar disorder may be linked to LOW serotonin activity, which seems contradictory...

What Causes Bipolar Disorders?

■ Neurotransmitters

- This apparent contradiction is addressed by the “_____” about mood disorders:
 - Low serotonin may “open the door” to a mood disorder and permit norepinephrine activity to define the particular form the disorder will take:
 - Low serotonin + Low norepinephrine = _____
 - Low serotonin + High norepinephrine = _____

What Causes Bipolar Disorders?

■ Ion activity

- Ions, which are needed to send incoming messages to nerve endings, may be improperly transported through the cells of individuals with bipolar disorder
- This improper transport may cause neurons to fire too easily (mania) or to resist firing (depression)
 - There is some research support for this theory

What Causes Bipolar Disorders?

■ Brain structure

- Brain imaging and postmortem studies have identified a number of abnormal brain structures in people with bipolar disorder; in particular, the basal ganglia and cerebellum among others
 - It is not clear what role such structural abnormalities play

What Causes Bipolar Disorders?

■ Genetic factors

- Many experts believe that people _____ to develop bipolar disorders
 - Family pedigree studies support this theory; when one twin or sibling has bipolar disorder, the likelihood for the other twin or sibling increases:
 - Identical (MZ) twins = 40% likelihood
 - Fraternal (DZ) twins and siblings = 5% to 10% likelihood
 - General population = 1% likelihood
 - Recently, genetic linkage studies have examined the possibility of "faulty" genes
 - Other researchers are using techniques from molecular biology to further examine genetic patterns
 - Such wide-ranging findings suggest that a number of genetic abnormalities probably combine to help bring about bipolar disorders
