

Mood Disorders

- 1) Unipolar depression → One or more episodes of low mood & other symptoms
- 2) Bipolar depression → Elevated mood interrupted by episodes of depression.
- 3) Dysthymia → Chronic low grade depressed mood without much symptoms.

Unipolar depression (Major depressive disorder)

- Usually Females are more affected.

Cause:- Genetic, Biological, Environmental

Pathophysiology.

1) Genetic → Family members at risk.

2) Biological →

Monamine deficiency:

↓ Serotonin → Obsessions & Compulsion.

↓ Non-adrenaline → Anxiety & Attention.

↓ Dopamine → Attention, Motivation, pleasure.

3) Environmental → After death, Sexual / Physical abuse.

Clinical Features

Psychological

- Depressed mood
- Reduced self esteem
- Suicidal thought
- Perimenstrum
- Guilt
- Lack of interest
- Lack of enjoying mood.

Somatic

- Reduced appetite
- Weight change
- Disturbed sleep
- Fatigue
- Loss of libido
- Bowel disturbance.

Other Types

1) Post Partum Depression? During pregnancy 4th week after birth

2) Atypical Depression

↳ Depression with elevation of mood by pleasurable events (No ↑ in Melancholy depression)

→ Weight gain, ↑ appetite, Heavy limbs (Leadens paralysis), Rejection sensitivity.

Bipolar Disorder (Mania depression)

- Episodic alternation of Depression and elevated mood, which episodes occur between days to weeks

Hypomanic episodes (Elevated moods)

- Energetic, Over happy, ↑ self esteem, Optimistic, alternating with.

Manic episodes

→ Racing thoughts

→ Talks constantly at rapid pace

→ Delusions of grandeur

↳ Supernatural power

Mission from god

→ Delusion and Hallucination

Causes → Genetic 70% Environmental

↳ Sleep deprivation

Treatment → Cognitive behavioural therapy

Speech therapy