

MODULE TEN

MOOD DISORDERS (AFFECTIVE DISORDERS)

The two major mood disorders are

- (i) Major depression
- (ii) Bipolar disorder.

Depression

Depression can vary widely in severity; mild and severe form. In a mild form it usually lasts briefly and is followed by recovery.

A more serious problem is dysthymia in which the person has a depressed mood much of the time for at least two years. Symptoms include loss of appetite or over eating. Insomnia or hypersomnia, low self-esteem, poor concentration and feelings of hopelessness worthlessness, excessive guilt and sometimes, suicidal ideations.

Bipolar disorder. (Manic depression)

Characterized by unpredictable extreme mood swings from excitement to melancholy.

Bipolar disorders.

Mania \longleftrightarrow depression

During the manic phase, the patient may become hyper excited, talkative boastful uninhibited, destructive and suddenly without warning the

patient becomes so gloomy and experiences profound feelings of worthlessness and behaves exactly the same way as an individual with a major depressive episode.

ACTIVITY

1. Explain the following mood disorders.

- (i). Major depression
- (ii). Bipolar depression