

## **Depressive and Bipolar disorders**

Unlike emotions that are intense and short-lived, moods are relatively long-lasting, nonspecific emotional states. For more information, ([www.nimh.nih.gov](http://www.nimh.nih.gov)).

Major Depressive Disorder: A mood disorder characterized by extreme and persistent feelings of despondency, worthlessness, and hopelessness, causing impaired emotional, cognitive, behavioral and physical functioning ([page 538](#)).

- It is estimated that 7% of Americans are affected by major depressive disorders and about 15% of Americans will be affected by a major depressive disorder at some point in their lives.

Bipolar Disorder: A mood involving periods of incapacitating depression alternating with periods of extreme euphoria and excitement; formerly called manic depression ([page 542](#)).

- Manic episode: A sudden, rapidly escalating emotional state characterized by extreme euphoria, excitement, physical energy, and rapid thoughts and speech ([page 542](#)).

**Table 14.5 Depressive Disorders and Bipolar Disorders (page 544)**

|   |
|---|
| <b>Major Depressive Disorder</b>  |
| <ul style="list-style-type: none"><li>• Loss of interest or pleasure in almost all activities</li><li>• Difficulty sleeping or excessive sleeping</li><li>• Despondent mood; feelings of emptiness, worthlessness, or excessive guilt</li><li>• Diminished ability to think, concentrate, or make decisions</li><li>• Preoccupation with death or suicidal thoughts</li><li>• Diminished appetite and significant weight loss</li></ul> |
| <b>Persistent Depressive Disorder</b>   |
| <ul style="list-style-type: none"><li>• Chronic depressed feelings that are often less severe than those that accompany major depressive disorder</li></ul>   |
| <b>Seasonal Affective Disorder (SAD)</b>  |
| <ul style="list-style-type: none"><li>• Recurring episodes of depression that follow a seasonal pattern, typically occurring in the fall and winter months and subsiding in the spring and summer months</li></ul>  |
| <b>Bipolar Disorder</b>   |
| <ul style="list-style-type: none"><li>• One or more manic episodes characterized by euphoria, high energy, grandiose ideas, flight of ideas, inappropriate self-confidence, and decreased need for sleep</li><li>• Usually one or more major depressive episodes</li><li>• In some cases, may rapidly alternate between symptoms of mania and major depressive disorder</li></ul>   |
| <b>Cyclothymic Disorder</b>   |
| <ul style="list-style-type: none"><li>• Moderate, recurring mood swings that are not severe enough to qualify as major depressive disorder or bipolar disorder</li></ul>  |

## Mood Disorders: Major Depressive Disorder



Major depressive disorders (unipolar depression) is a disorder characterized by a severely depressed mood that lasts 2 weeks or more and is accompanied by feelings of worthlessness and lack of pleasure, lethargy and sleep and appetite disturbances.

In many cases, there doesn't appear to be any external reason for the persistent feelings of depression. In other cases, the downward emotional spiral can be triggered by a stressful or negative event.

Depression can be accompanied by the physical symptoms of anxiety ([page 539](#)).

## Figure 14.2 The Symptoms of Major Depression, [page 539](#)



**Figure 14.2**

Hockenbury/Nolan, *Psychology*, 8e, © 2018 Worth Publishers

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## **Symptoms of Major Depressive Disorder**

### Emotional

- Feelings of sadness, hopelessness, helplessness, guilt, emptiness or worthlessness.
- Feeling emotionally disconnected from others.
- Turning away from others.
- Loss in ability to experience pleasure

### Behavioral

- Dejected facial expressions
- Smiles less often
- Slowed movements, speech and gestures
- Tearfulness or spontaneous episodes of crying
- Loss of interest or pleasure in usual activities including eating and sex
- Withdrawal from social activities

### Cognitive

- Difficulty thinking, concentrating or remembering
- Global negativity and pessimism
- Suicidal thoughts or preoccupation with death

### Physical

- Changes in appetite resulting in significant weight loss or gain
- Insomnia, early morning awakening or oversleeping
- Vague but chronic aches and pains
- Diminished sexual interest
- Global feelings of anxiety
- Restlessness, fidgety activity

## Major Depressive Disorder

On the average, major depression lasts about 6 months. However, without treatment, about 80% of individuals will experience at least one more reoccurrence of major depression.

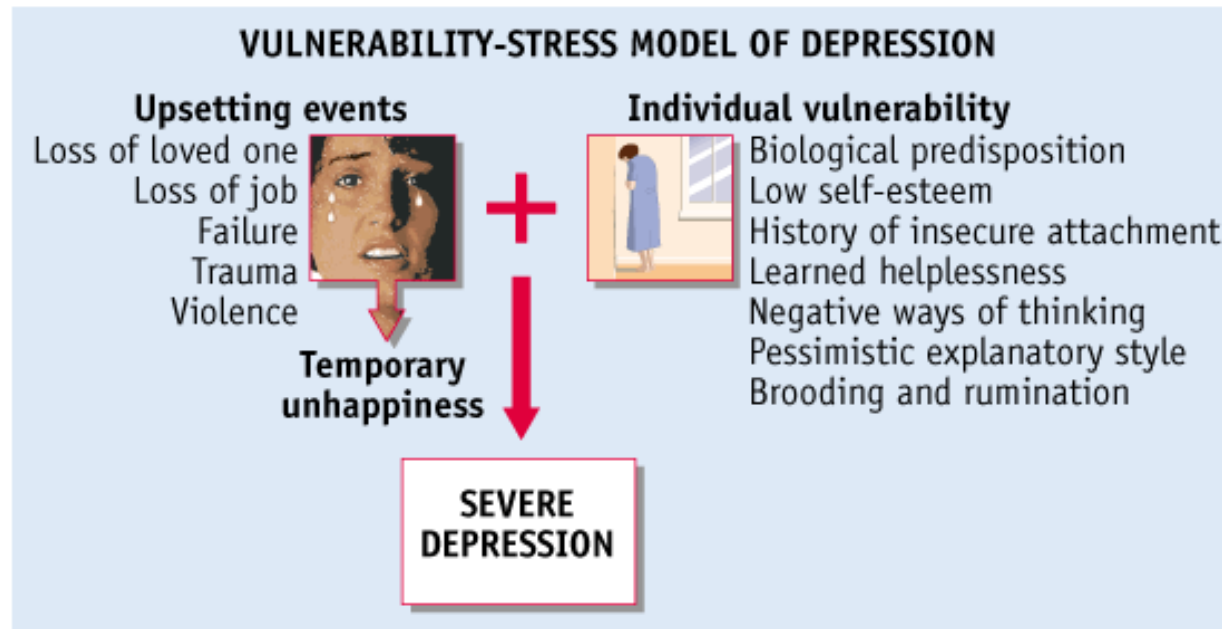
- Depression appears to be becoming more common
- Individuals where a major depressive disorder is recurrent, their symptoms tend to be more severe, higher rates of depression within families, more suicide attempts, and higher divorce rates.
- Women are twice as likely (1 in 4) to be diagnosed with depression than men (1 in 8).



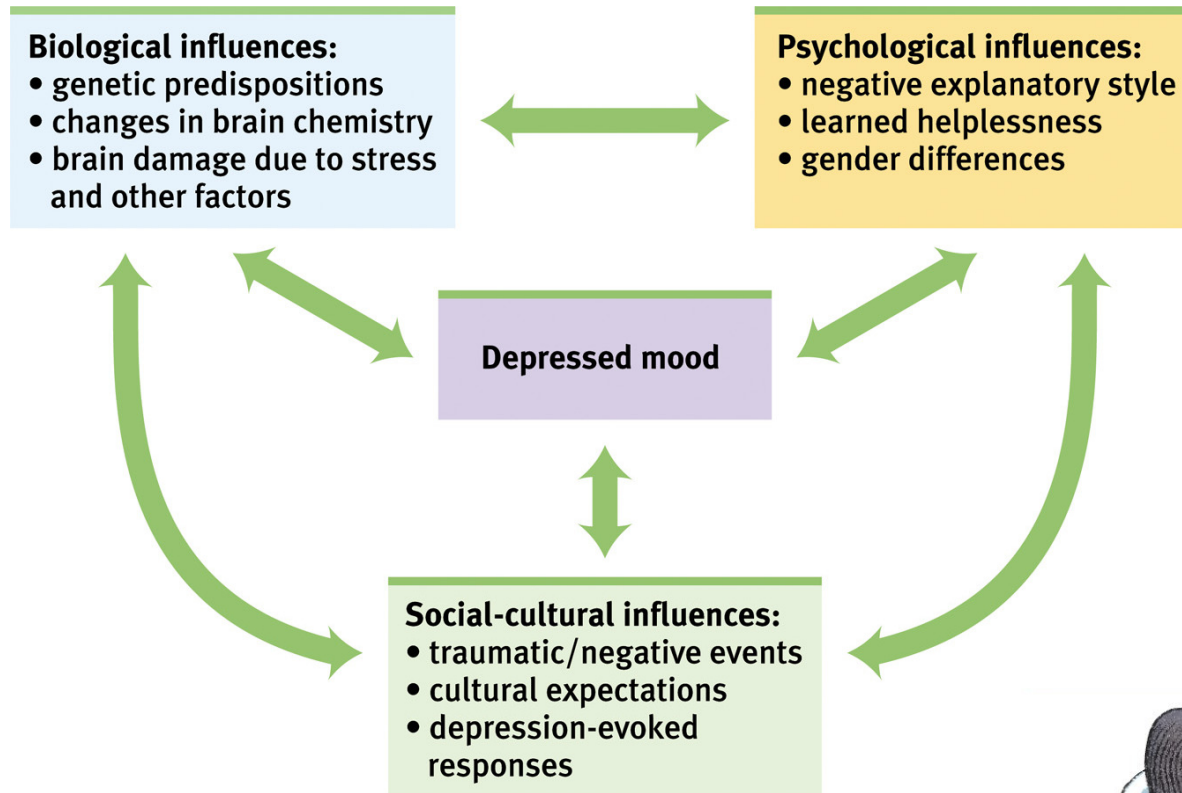
Kevin Winter/Getty Images

## The Vulnerability-Stress Model of Depression

Those who are vulnerable to depression are more likely to experience depression with a triggering event.

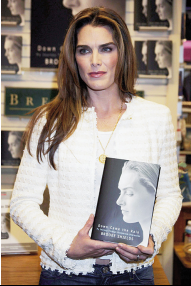
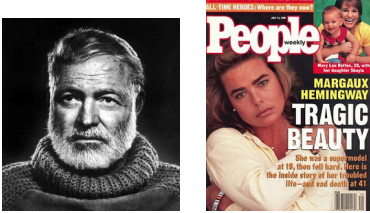

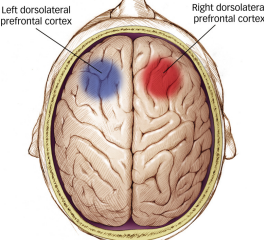


## Factors that Lead to Depression





## Biological Factors that Influence Depression

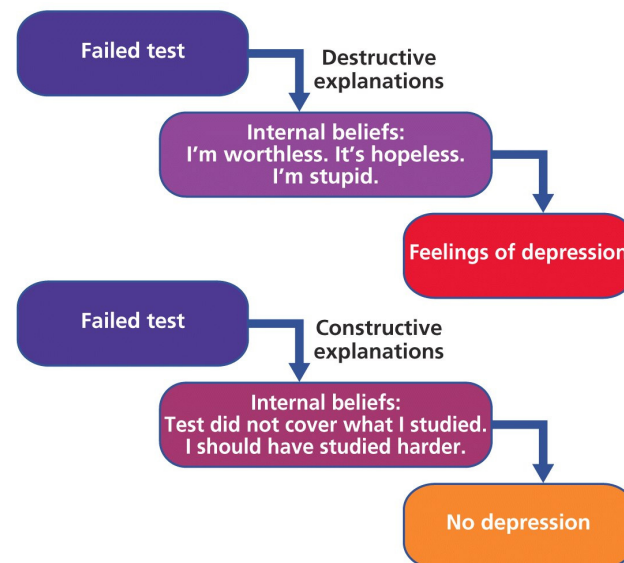
|   |   |
|---|---|
|    | <ul style="list-style-type: none"><li>• Estrogen, androgen, and progesterone influence depression. Some women experience postpartum depression (depression following childbirth) due to changing hormone balances.</li></ul>  |
|    | <ul style="list-style-type: none"><li>• There appears to be a genetic component to major depressive disorders.<ul style="list-style-type: none"><li>○ Identical twins have more similar rates of depression than fraternal twins (59% versus 30%).</li><li>○ Some families have higher rates of depression than others (e.g. Hemingways and Barrymores)</li></ul></li></ul> |
|   | <ul style="list-style-type: none"><li>• Drugs such as Prozac increase neurotransmitter levels of serotonin, which can alleviate symptoms of depression. However, levels of serotonin increase within days, but symptoms are not alleviated until weeks later.</li></ul>   |
|  | <ul style="list-style-type: none"><li>• Depression may involve<ul style="list-style-type: none"><li>○ diminished activity in the left prefrontal cortex and</li><li>○ increased activity in the right prefrontal cortex.</li></ul></li></ul>  |

## Cognitive Factors that Influence Depression

One factor that is hypothesized to increase the risk of depression is gender differences in response styles to stressors.

- Women tend to accept, disclose, and ruminate on their negative emotions where as
- men tend to deny negative emotions and engage in self-distraction (escape-avoidance) such as work and drinking alcohol ([page 566](#)).

One of the first psychologists to notice that thinking styles might be related to depression was Aaron Beck (see Cognitive Therapy in [chapter 15](#)). Beck noted that depressed patients had his patients had distorted perceptions of their experiences and embraced dysfunctional attitudes that promoted and maintained negative mood states.



## Cognitive Factors that Influence Depression

People's negative inferences about the causes of their experiences can make depression more likely. According to helplessness theory, individuals who are prone to depression automatically attribute negative experiences to causes that are internal, stable, and global (page 567).

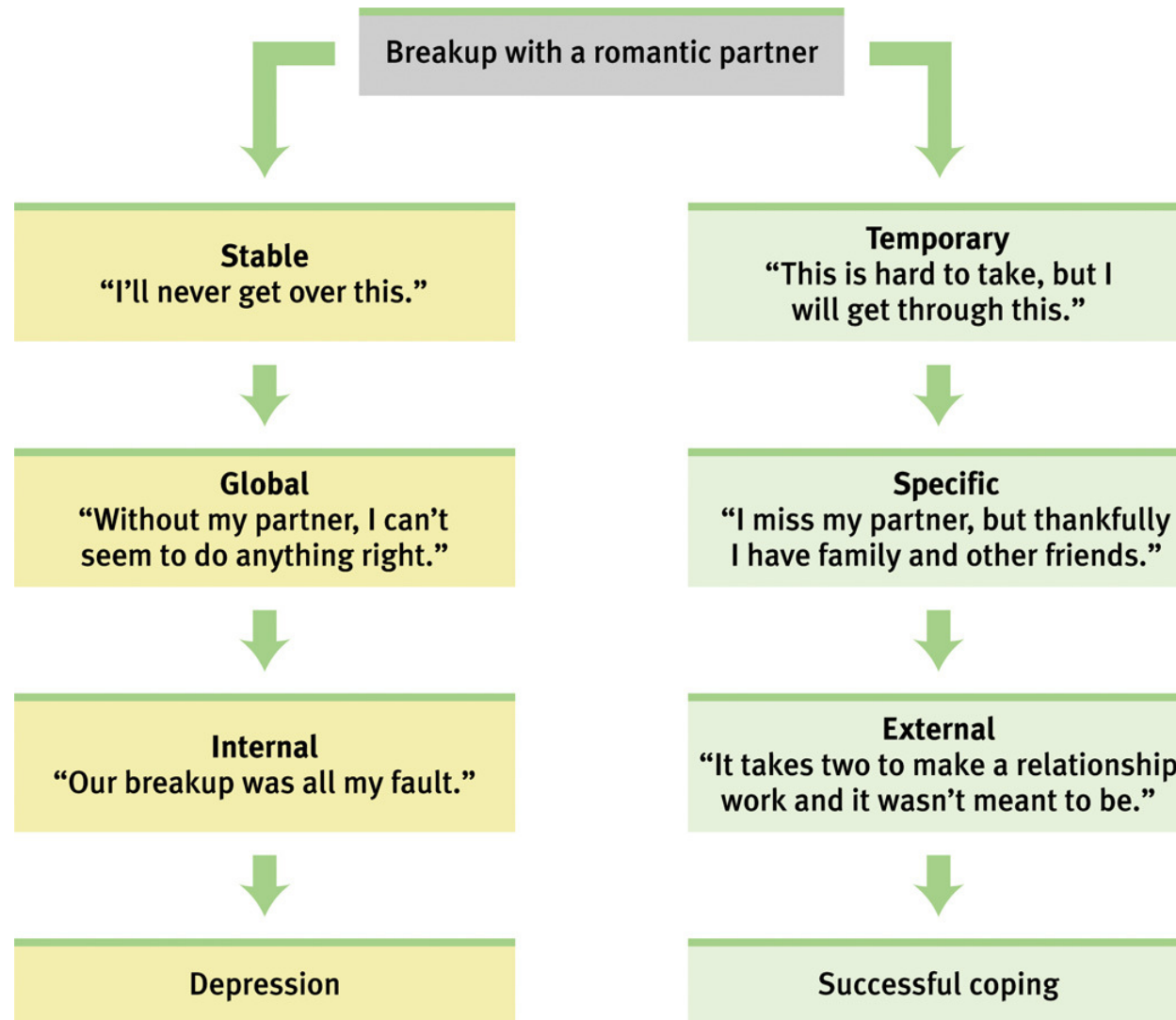


## How come you didn't get the project completed?

|                            | Stable                  | Internal                  | Global                |
|----------------------------|-------------------------|---------------------------|-----------------------|
| Associated with depression | I'm no good at this job | I can't do anything right | I can't use computers |

|                                | Unstable                       | External             | Specific                |
|--------------------------------|--------------------------------|----------------------|-------------------------|
| Not associated with depression | Company resources were tied up | The project was hard | I can't use Dreamweaver |

## Cognitive Factors that Influence Depression



## Personality and Health: Optimism versus Pessimism

We all experience failure (at the job, taking tests, or extracurricular activities). Yet some people persist in spite of this failure. How we explain these failures makes a difference.

| <u>Optimistic Explanatory Style for Failures:</u><br>Accounting for negative events or situations with external, unstable, and specific explanations.  | <u>Pessimistic Explanatory Style for Failures:</u><br>Accounting for negative events or situations with internal, stable, and global explanations.  |
|--|---|
| <u>External</u> <ul style="list-style-type: none"> <li>• The job was difficult.</li> <li>• It wasn't my fault.</li> <li>• Who could predict how a faulty relay at Niagara Falls would shut down NYC.</li> </ul>                  | <u>Internal</u> <ul style="list-style-type: none"> <li>• I didn't work hard enough.</li> <li>• It's my fault.</li> <li>• I wasn't careful.</li> </ul>   |
| <u>Unstable</u> <ul style="list-style-type: none"> <li>• I needed more sleep.</li> <li>• It is a horrible test.</li> <li>• The stars are not aligned.</li> <li>• "perfect storm hit"</li> <li>• The drawbridge was up</li> </ul> | <u>Stable</u> <ul style="list-style-type: none"> <li>• I'm no good at tests.</li> <li>• The questions are difficult.</li> <li>• 6:00 traffic is always bad</li> <li>• Women are no good at math. Men are no good at writing (I do not endorse these, which is a problem with negative stereotypes.</li> </ul> |
| <u>Specific</u> <ul style="list-style-type: none"> <li>• I am no good at hockey.</li> <li>• I am no good at chess.</li> <li>• I am no good at math.</li> </ul>   | <u>Global/General</u> <ul style="list-style-type: none"> <li>• I am no good at sports.</li> <li>• I am no good at games.</li> <li>• I am no good at school.</li> </ul>  |

# Cognitive Factors that Influence Depression



## **Social Factors that Influence Depression**

Socioeconomic Status: The average income for a woman is less than the average income for a man.

Stress: Women experience more chronic stress with a smaller sense of personal control



## **Major Depressive Disorder**

Two conditions related to major depressive disorder are seasonal affective disorder (SAD) and persistent depressive disorder.

Seasonal affective disorder (SAD): Depression that involves recurrent depressive episodes in a seasonal pattern.

- It is more common in the fall or winter than the spring and summer
- It is more common in the higher latitudes (Alaska) than the lower latitudes (California).



Persistent depressive disorder: A disorder that involves the same symptoms as in depression only less severe, but the symptoms last longer, persisting for at least two years.



## Bipolar Disorder (formerly known as manic depression)



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Bipolar disorder is a mood disorder where there is an unstable emotional condition characterized by cycles of abnormal, persistent high mood (mania) and low mood (depression) usually with relatively normal periods in between.

In about 2/3 of patients with bipolar, manic episodes immediately precede or follow depressive episodes.

These depressive episodes from bipolar are indistinguishable from depressive episodes in major depressive disorders.

## **Bipolar Disorder**

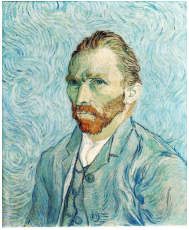
The manic phases, which must last at least a week to meet the DSM requirements, mood can be elevated, expansive or irritable. Other symptoms include

- inflated self-esteem,
- wild optimism,
- racing thoughts,
- hyperactivity, and
- decreased need for sleep.

It is often accompanied by

- delusions of grandeur,
- drug abuse,
- compulsive gambling,
- spending sprees, and
- sexual promiscuity.

Psychotic features such as hallucinations and delusions may be present, which can lead to the misdiagnosis of schizophrenia.



It is believed that Vincent Van Gogh had a bipolar disorder. In one two month period, he produced 60 paintings—some were his best works. Between these periods of mania of almost non-stop work, he experienced deep despair in which he did no work at all.

## **Bipolar Disorder**

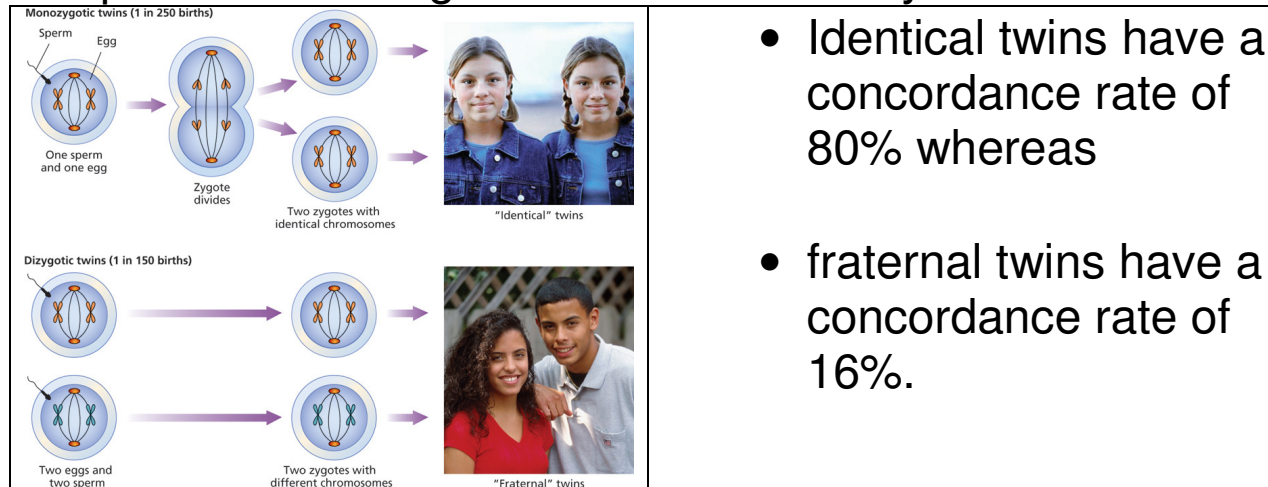
There are no gender differences in likelihood of being afflicted by bipolar disorder. The lifetime risk of developing bipolar disorder is about 1.3%.

- Bipolar tends to appear in late adolescence or early childhood. The average person with bipolar disorder has four episodes of mania or depression during the first 10 years of their illness.
- Episodes of mania and depression in bipolar may range from a few days to a couple of months (unlike major depressive disorders, the depression lasts for about 6 months).
- A small percentage experience rapid cycling bipolar--four mood episodes (either mania or depression) every year. Most bipolar reoccurs every few years.
- More than 50% of people with bipolar disorder abuse drugs or alcohol during their illness (though not all that abuse alcohol are bipolar)
- On average, without treatment, manic episodes last a few months, while depression lasts more than six months.
- The more episodes of bipolar a person experiences, the harder it is to treat subsequent episodes

## Explaining bipolar disorders

### Biological factors

- Bipolar has the highest rate of heritability.



- Identical twins have a concordance rate of 80% whereas
- fraternal twins have a concordance rate of 16%.

- While drugs like such as lithium and divalproex and helpful in treating bipolar, it is unclear how they work.



## Psychological factors

- Stressful life experiences often precede manic and depressive episodes.
- Severely stressed patients with bipolar took an average of three times longer to recover from an episode than did patients not affected by stress.
- Patients living with family members who are hostile toward or critical of people with bipolar are more likely to relapse than patients with supportive families.