**Mood Disorders**

***Mood disorders*** are changes in a person’s mood

that are .

A depressive disorder is a ‘whole-body’ illness, involving your

It affects the way you , the way you ,

and the way you .

A depressive disorder is not the same as a passing blue mood.

It is not a sign of or a condition that can be willed or wished away. People with a depressive illness cannot merely ‘pull themselves together’ and get better.

Without treatment, symptoms can last for .

Appropriate treatment; however, can help most people who suffer from depression.

**Type #1**:

A person is and finds

Often accompanied by

Can occur as in a person’s lifetime, but can be

or recurring

**Symptoms of Depression**:

* Persistent sad, anxious, ‘empty’ mood
* Feelings of hopelessness, pessimism
* Feelings of guilt, worthlessness, helplessness
* Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
* Insomnia, early-morning awakening, oversleeping
* Appetite and/or weight loss or overeating and weight gain
* Decreased energy, fatigue, being ‘slowed down’
* Thoughts of death or suicide, suicide attempts
* Restlessness, irritability
* Difficulty concentrating, remembering, making decisions
* Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Most people with a depressive illness do not , although the great majority

- even those with the severest disorders -- .

Unfortunately, many people do not recognize that they have a

Who may be at risk for depression?

* People who have a family member with depression
* People who have experienced a stressful or traumatic life event
* People who lack the social support of a spouse, friends, extended family
* People who abuse drugs or alcohol
* People who have chronic medical illnesses or persistent pain

**Type #2**:

A person experiences extreme mood changes far beyond a

: confused and aggressive behaviour, unlimited energy and difficulty sleeping

: extreme fatigue, sadness, sense of futility (knowing it won’t work out despite all efforts), becomes withdrawn

Sometimes the mood switches are , but most often they are .

**Symptoms of Mania**:

* Inappropriate elation
* Inappropriate irritability
* Severe insomnia
* Grandiose notions
* Increased talking
* Disconnected and racing thoughts
* Increased sexual desire
* Markedly increased energy
* Poor judgment
* Inappropriate social behavior

**Type #3**:

Is marked by depressive symptoms that last at least two years.

People with this condition have than those with major depression, but the symptoms .

On average, symptoms can last before there is a diagnosis.

Sometimes people with dysthymia also experience

Some types of depression

Apparently additional factors, possibly a , are involved in its onset.

also plays a role in vulnerability to depression.

A serious loss, chronic illness, difficult relationship, financial problem, or any unwelcome change in life patterns can also trigger a depressive episode.

**Treatments**: