

## 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\_\_\_\_\_ : extreme fatigue, sadness, sense of futility (knowing it won't work out despite all efforts), becomes withdrawn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:**

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