

Depression and Other Mood Disorders

Chapter 21

Learning Objectives

Lesson 21.1: Depression and Other Mood Disorders

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1. Describe the continuum of emotional responses.
2. Compare four theories relating to emotions and their disorders.
3. Explain how emotions affect individuals throughout the life cycle.
4. Compare the differences between a depressive episode and a depressive disorder.
5. List the diagnostic criteria for bipolar disorders.

Learning Objectives

Lesson 21.1: Depression and Other Mood Disorders

(Slide 2 of 2)

- 6. Explain seasonal affective disorder.
- 7. Discuss behaviors associated with postpartum depression.
- 8. Identify three drug classes used for the treatment of depression and other mood disorders.
- 9. Apply four nursing (therapeutic) interventions for clients with mood disorders.

Continuum of Emotional Responses

- The spectrum of human emotion ranges from elation to despair
- Emotional responses can be growth-promoting and adaptive
- They can lead to ineffective behaviors that soon could become maladaptive

Theories Related to Emotions and Their Disorders

(Slide 1 of 2)

- Biological evidence
 - Causes of mood disorders are complex
 - Neurotransmitters and hormones are involved in mood regulation
 - Monoamines are longer-acting neurotransmitters that modify the sensitivity of neurons
 - The pituitary gland controls the hormones by balancing thyroid and adrenal hormones
- Biological rhythms of depressed persons differ from those of nondepressed persons
- Depression is related to physical illness

Theories Related to Emotions and Their Disorders

(Slide 2 of 2)

- Other theories

- Psychoanalytic theories see mood disorders as anger turned inward
- Behaviorists view depression as a group of learned responses
- Social theorists consider depression the result of faulty social interactions
- A holistic viewpoint is usually used by health care providers

Emotions Throughout the Life Cycle

(Slide 1 of 4)

- Emotions in childhood

- Situational depression

- Depressive responses in children are tied to a specific event or situation

- Depressed children have a distinct way of thinking

- The incidence of depression in childhood is increasing

Emotions Throughout the Life Cycle

(Slide 2 of 4)

- Emotions in adolescence

- Depression in adolescence usually is related to four factors

- Self-esteem
- Loneliness
- Family strengths
- Parent-teen communications

Emotions Throughout the Life Cycle

(Slide 3 of 4)

- Emotions in adulthood
 - Society expects adults to practice emotional control
 - Adults must cope with a wide range of situations, events, developmental tasks, and responsibilities as well as emotional reactions
 - Public stigma follows individuals with mood disorders

Emotions Throughout the Life Cycle

(Slide 4 of 4)

- Emotions in older adulthood
 - Depression is very common in older adults
 - Depression can be treated
- How to detect depression in older adults
 - Active listening
 - Gentle questioning
 - Alert assessment

Characteristics of Mood Disorders

- Mood disorders

- Mania

- Emotions that are elevated, expansive, and irritable accompanied by loss of identity, increased activity, and grandiose thoughts and actions

- Depression

- Feelings of sadness, disappointment, and despair

Mood Disorders

(Slide 1 of 4)

- Depression can occur on several levels
 - Mild depression
 - Short-lived
 - Triggered by life events
 - Moderate depression (dysthymia)
 - Persists over time
 - Major depressive episode
 - When depression is severe and lasts longer than 2 weeks
 - Symptoms range from paralysis to agitation
 - Suicidal thoughts may be entertained

Mood Disorders

(Slide 2 of 4)

● Bipolar I

- Episodes of depression alternate with episodes of mania
- More severe and incapacitating form of bipolar illness
- Delusions common during periods of mania
- Hallucinations may occur

● Bipolar II

- Major episodes of depression alternate with periods of hypomania
- Often marked by 1 to 2 weeks of severe lethargy, withdrawal, and melancholy followed by several days of mania

Mood Disorders

(Slide 3 of 4)

- Cyclothymic disorder

- Behavior of repeated mood swings alternating between hypomania and depressive symptoms

- Seasonal affective disorder

- “Winter depression”

- Occurs in many people from October to April

- Daily exposure to full-spectrum light (phototherapy) lessens the symptoms of sadness and social withdrawal in persons with seasonal affective disorder

Mood Disorders

(Slide 4 of 4)

- Postpartum depression

- Occurs after childbirth

- Symptoms include:

- Tearfulness; irritability
- Hypochondria
- Sleeplessness
- Impaired concentration
- Headache

- Substance-induced mood disorder

- Persistent emotional disturbance that can be directly traced to the effects of a chemical

Therapeutic Interventions

- Treatment and therapy
 - Acute treatment phase (6-12 weeks)
 - Continuation phase (4-9 months)
 - Maintenance treatment phase (Indefinite)
- Current standard treatments for mood disorders include:
 - Psychotherapy
 - Pharmacologic therapy
 - Electroconvulsive therapy
 - Transcranial direct current stimulation

Drug Therapies

(Slide 1 of 2)

- Antidepressants

- Tricyclics
- Nontricyclics
- Monoamine oxidase inhibitors (MAOIs)
- Selective serotonin reuptake inhibitors (SSRIs)
- Atypical antidepressants

- With many antidepressants, 2 to 4 weeks are required before their effects are noted and the client's well-being improves

Drug Therapies

(Slide 2 of 2)

● Antimanics

➤ Lithium

- Interaction between the level of lithium in the blood and common table salt
- Therapeutic blood levels of lithium range from 0.6 to 1.2 mEq/L
- Once client is no longer manic, the need for lithium drugs drops dramatically

Nursing (Therapeutic) Process

- Assess for level of depression or mania
- Nursing diagnoses and therapeutic interventions then are chosen based on the client's most distressing problems
- Holistic interventions should look at:
 - Physical
 - Emotional
 - Social
 - Intellectual
 - Spiritual

Questions?