#### **Mood Disorder**

A pattern of illness due to an abnormal mood. People who have mood disorder experience depression at some time but some have highs of mood.

### Major Depressive Disorder

Depressed mood that existed for a minimum period of time, is accompanied by a number of symptoms, and has resulted in disability.

Signs & Symptoms:- (In the same 2 weeks, the sufferers have several of the following)

- Depressed mood for almost daily
- Loss of interest or pleasure in nearly all activities
- Loss or gain of weight
- Increased or decreased of appetite
- Either sleeps excessively or not enough
- Psychomotor activity is either speeded up or slowed down
- Loss of energy or tiredness nearly daily
- Feelings of worthlessness or inappropriately guilty for almost daily
- Indecisive or has trouble thinking or concentrating almost daily
- Repeated thoughts about death / suicide / has made attempts
- Above symptoms impaired social life, school, work performance or areas of functioning, such as sex
- Some depressed individuals feel so anxious that they become agitated

## Manic Episode

A person must have symptoms for a minimum of 1 week. The classic triad of symptoms is heightened self-esteem, increased motor activity and pressured speech. People with manic episodes typically create havoc on their own lives and those around them.

*Signs & Symptoms:- (In the same 1 week, the sufferers have several of the following)* 

- Grandiosity / Exaggerated self-esteem (to the point of delusion)
- Reduced need for Sleep
- Increased talkativeness
- Flight of ideas / racing thoughts
- Easily distracted
- Increased goal-directed activity or speeded up psychomotor activity
- Poor judgment

# Hypomanic Episode

This is much like a manic episode but it is briefer and less severe. It requires a mood quality that has existed for a required period of time, is attenuated by a required number of symptoms, and has resulted in some degree of disability.

Signs & Symptoms: - (several of the following)

• Grandiosity / Exaggerated self-esteem (not to the point of delusion)

- Reduced need for sleep
- Increased talkativeness
- Flight of ideas / racing thoughts
- Easily distracted
- Increased goal-directed activity or speeded up psychomotor activity
- Poor judgment
- No Features of psychosis.
- => Symptoms represent a distinct change from a person's usual functioning. Others can notice change in mood and functioning.

### Dysthymic Disorder

People who have dysthymic disorder are chronically depressed for 2 years or more. They have many of the same symptoms found in major depressive episodes except thoughts of death / suicidal ideas.

Signs & Symptoms: - (several of the following)

- Increased or decreased of appetite
- Increased or decreased sleep
- Poor self-image
- Fatigue or low energy
- Feelings of hopelessness
- Reduced concentration / Indecisiveness

# Bipolar Disorder

Commonly known as manic-depressive disorder. Sufferers may experience manic / hypo manic episodes and also episodes of depression.

#### Reference:-

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <a href="http://www.psychologynet.com">http://www.psychologynet.com</a>