

Examrace

Psychology Study Material: Major Categories of Disorders: Mood Disorders

Glide to success with Doorsteptutor material for competitive exams : **get questions, notes, tests, video lectures and more-** for all subjects of your exam.

Major Categories of Disorders in DSM-IV-TR

Mood Disorders

Psychological and affective disturbances characterized by emotional extremes that are enough to produce troubles in daily living.



©Examrace. Report ©violations @<https://tips.fbi.gov/>

The emotional response is disturbed and so strong that it disturbs everyday living.

Mood disorders mainly include:

- Major depression
- Mania
- Bipolar disorder

Major Depression

- Previously known as “melancholia”

- Major depression is a severe form of depression.
- Common form of mood disorders
- A disorder characterized by lack of concentration, decision- making, sociability, withdrawal from others,
- and a feeling of worthlessness and inadequacy.
- Depression is labelled as depressive disorder when it persists for long and hampers daily life.

Symptoms include

- Concentration problems,
- Irritability and restlessness,
- Persistent sadness, anxious and empty mood
- Fatigue,
- Appetite changes
- Feeling of agitation
- Sleep disturbances
- Hopelessness and pessimism
- Loss of interest in activities, which are pleasurable
- Suicidal thoughts.

Causes include

- Hereditary cause,
- Stress,
- Chemical imbalances in the brain; the sufferer however has the belief that it is a medical illness rather than a psychological one
- Most commonly occurs in people with low self- esteem
- Women are twice as likely to develop major depression as men.
- Learning experiences may contribute to the development of depression
- Serious loss in business or some other disaster,
- Relationship problems, financial setbacks etc

Treatment includes

- Use of medication,

- Psychotherapy,
- Behavioural therapy

Mania

- Mania is the opposite state of depression.
- It is an extended state of intense wild elation.

Bipolar Disorder

- Bipolar disorder is a combination of depression and mania.
- The sufferer alternates between periods of extreme euphoria and elation i.e., mania, and bouts of depression.
- Side Effects of Mood Disorders
- The height of elation may lead to high creative output, although it does not ensure high quality of the creative output.
- The manics are often reckless and end up with self-injury.

Causes

- Psychodynamic explanation: Feeling of loss that can be real or potential.
- Hereditary factor: These disorders appear to be running in families.
- The role of neurotransmitters: Serotonin and nor epinephrine have been found to be related to these disorders.
- Alterations in the level of these chemicals have a role to play in mood disorders.
- Behavioural explanation: Lack of, or reduction in, positive reinforcement leads to mood disorders.
- Cognitive explanation: the sufferers of depression believe that they are life's losers; they are failures, inadequate, and not meant to be the 'winners' in life. They have a pessimistic view of life.
- Evolutionary psychology explanation: Considering the impact of the genetic factors, it states that depression is an adaptive response to unattainable goals.

Developed by: [Mindsprite Solutions](#)