I. Mood (Affective) Disorders

- Depressive Disorders: depression may range from a normal response to stress to being severe requiring hospitalization:
  1. Major Depressive Disorder: sadness and losing interest in activities for weeks & months. In severe cases, delusions (worrying of being persecuted by the government) may exist – mental & behavior disruption
  2. Dysthymic Disorder: less intense but for longer periods

- Suicide & Depression: closely linked to depression – hopelessness and seeking instant escape – sociocultural variables (age, gender, religion)

3. Bipolar Disorders:
   - Bipolar I: Manic depression – rare – no gender differences – disruptive
   - Bipolar II: Major depressive episodes and hypomania

4. Cyclothymic: Alternating episodes of mania and depression but less intense

Causes

1. Biological: Neurotransmitters (e.g. serotonin) – stress-related hormone cortisol – abnormal biological rhythms & genetic factors

2. Psychological:
   - Psychodynamic: traditional theory contends anger because of grief is directed towards self vs. object relations approach and acquisition of ‘negative patterns of thinking’ from childhood experience
   - Cognitive-behavioral: learned helplessness – lack of control over one’s life
   - Beck’s Cognitive Theory of Depression: self-blame, exaggeration of negative & reaching pessimistic & generalized conclusions – in agreement with object relations approach

   - Attributional Styles are seen by cognitive theorists as major in development of depression

V. Schizophrenia

Schizophrenic symptoms: ‘include severely disturbed thinking, emotion, perception, and behavior’ impairing daily living. Rare – 1% of population – improvement depends initial functioning prior to onset

- Neologisms: new words
- Loose Associations
- Clang Associations (sound of words)
- Word Salad
- Content (delusions) e.g. thought broadcasting & thought insertion
- Hallucinations

Categorizing Schizophrenia: Positive symptoms (additions to mental life such as hallucinations & delusions) – Negative symptoms (subtractions such as avolition: loss of motivation and anhedonia: absence of feelings of pleasure).

Causes