Chapter 8

- Brief depressive & hypomanic symptoms can occur in individuals without a mood disorder
- Depression occurs both in depressive & bipolar disorders
- Symptoms may vary considerably
- Severity of symptoms considered

Diagnosis & Classification of Depressive Disorders
- Important aspect
  - Ensure patient has never experienced an episode of hypomania or mania
  - Helps differentiate b/w bipolar & depressive disorders
- Consider severity & chronic nature of symptoms

Summary of Depressive Disorders

<table>
<thead>
<tr>
<th>Depressive Disorder</th>
<th>DSM-5 Criteria</th>
<th>Lifetime Prev. (%)</th>
<th>Gender Dif.</th>
<th>Age of Onset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major depressive disorder</td>
<td>Occurrence of at least one major depressive episode (2-week duration); no history of mania or hypomania</td>
<td>14-16%</td>
<td>Much higher in females</td>
<td>Any age; avg. onset in late 20s</td>
</tr>
<tr>
<td>Persistent depressive disorder (dysthymia)</td>
<td>Depressed mood that has lasted for at least 2 years (w/ no more than 2 months' symptom free)</td>
<td>4%; including 3.1% for chronic dysthymia; 0.9% for pure dysthymic syndrome</td>
<td>Much higher in females</td>
<td>Often childhood or adolescence</td>
</tr>
<tr>
<td>Premenstrual dysphoric disorder</td>
<td>Severe depression, mood swings, anxiety, or irritability occurring before the onset of menses; improvement of symptoms within a few days of menstruation and minimal or no symptoms following menstruation</td>
<td>2-5% of women of reproductive age</td>
<td>Most common in women w/ personal or family history of depression</td>
<td>Late 20s, although earlier onset is possible</td>
</tr>
</tbody>
</table>

DSM-5 Diagnostic Guidelines
- Impairment in functioning for most of the day, and nearly every day, for 2 weeks or more
  - Depressed mood, sadness, or emptiness
  - Loss of pleasure in previously enjoyed activities
  - At least 4 additional changes in function:
    - Alteration in weight
    - Atypical sleep patterns
    - Restlessness
    - Low energy
    - Feelings of worthlessness
    - Difficulty concentrating
    - Preoccupation w/ death or suicide
Chapter 8

- Bipolar I: At least one manic episode (with or without a history of major depression)
- Bipolar II: at least one major depressive episode and at least one hypomanic episode
- Cyclothymic: milder hypomanic symptoms consistently interspersed with milder depressed moods for at least 2 years

### DSM-5 Bipolar Disorders Chart

<table>
<thead>
<tr>
<th>Disorder</th>
<th>DSM-5 Criteria</th>
<th>Lifetime Prev. (%)</th>
<th>Gender Difference</th>
<th>Age of Onset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bipolar I disorder</td>
<td>At least one weeklong manic episode; mania impairs functioning; mixed features or depressive episodes are common, but not required; possible psychotic features</td>
<td>0.4-1%</td>
<td>No major difference; depressive episodes, rapid cycling, and mixed features are more common in females</td>
<td>Any age; usually late adolescence or early adulthood</td>
</tr>
<tr>
<td>Bipolar II disorder</td>
<td>At least one major depressive episode; at least one hypomanic episode; no history of mania</td>
<td>0.6-1.1%</td>
<td>Mixed results; appears to occur more frequently in females; rapid cycling and mixed features are more common in females</td>
<td>Any age; usually early adulthood</td>
</tr>
<tr>
<td>Cyclothymic disorder</td>
<td>Periods involving milder hypomanic symptoms alternating with milder depression for at least 2 years (w/ no more than 2 months symptom free); symptoms have never met criteria for a hypomanic, manic, or major depressive disorder</td>
<td>0.4-1%</td>
<td>No difference</td>
<td>Often adolescence or early adulthood</td>
</tr>
</tbody>
</table>

### Features & Conditions Associated with Bipolar Disorder

- Mixed features: 3 or more symptoms of hypomania/mania or depression occurring during an episode from the opposite pole
- Rapid cycling: 4 or more mood episodes per year; increases changes that disorder will be chronic and symptoms more severe

### Prevalence of Bipolar Disorders

- Lifetime prevalence 1% for bipolar I and 1.1% prevalence for bipolar II
- Cyclothymic disorder lifetime prevalence b/w 0.4-1%
- Bipolar may be underdiagnosed
- Research on gender differences is mixed
- Associated with high unemployment and decreased work productivity

### Etiology of Bipolar Disorders