Affective disorder = mood disorder

mood disorders
- pervasive emotion that colours the person’s perception of the world
- describes internal feeling or emotion which often influences behaviour
- involves disturbances in:
  - emotion
  - cognition
  - behaviour
  - somatic regulation
  - sleep
  - appetite
- comorbidities
  - malnutrition
  - cardiovascular problems

manic episodes acute
- distinct period of abnormally and persistent
  - elevated
  - expansive (over-involved) or
  - irritable mood
- lasting for at least 1 week
- must include at least 3 other symptoms
  - inflated self-esteem/grandiosity
    - delusional
  - decreased need for sleep
    - no sleep for 4 days (does not feel tired)
    - usually wakes early full of energy
  - pressure of speech
    - loud, rapid difficult to interrupt
    - may talk non-stop
  - flight of ideas
    - one topic to another
    - may be disorganised
  - distractibility
    - inability to screen irrelevant external stimuli
  - increased involvement in goal directed activities
    - excessive planning
  - psychomotor agitation
    - cannot stand still
  - excessive involvement in pleasurable activities
    - increased spending
    - business investments
  - causes impairment in social and occupational functioning
  - may be psychotic features
  - labile of mood (euphoria and irritability)
- must not be due to physiological effects
- not part of medical condition

onset
- 1st early 20s or 50 yrs
- rapid escalation over few days
- usually a past psychosocial stressor
- lasting few weeks - several months

hypomania - lower form