

Mood Disorders

Depression: signs and symptoms

Affective

- sadness, guilt, worthlessness
- anhedonia (loosing feeling in pleasure)

Cognitive

- negative self thoughts
- Difficulty Making Desicions, PsychoMotor Retardation-thoughts (slow thinking), Suicidal ideation

Psychological behaviour

- sleep, appetite and sexual desire
- PMR/ PMA

Mania: Signs and Symptoms

Affective

- intense elevated mood, sometimes irritability

Cognitive

- flight of ideas, distractibility, self- appraisal

Psychological/ behavioural

- speech
- sleep (ie sleep 2 hours and feel well rested)
- activity level (typically high energy level), approach and type

Major Depressive Disorder (DSM 5)

- at least 5 symptoms persistently over at least 2 weeks
- at least 1 of 2 core symptoms
 - depressed mood
 - anhedonia
- at least 3 or 4 other symptoms
 - sleep, appetite, psychomotor behaviour, energy
 - concentration, negative self- appraisal
 - SI

Bipolar Disorder (DSM 5)

- either mania or mixed episodes
- elevated/irritable mood and increased activity level persisten over 1 week (less if hospitalization is needed)