

ABNORMAL PSYCHOLOGY

Name:

Section:

Time started:

Time finished

MOOD DISORDERS

1) DISRUPTIVE MOOD DYSREGULATION DISORDER

(DMDD)

- ❖ Bipolar-like disorder for children
- ❖ Before we diagnose a child as having bipolar disorder, we need to diagnose him first with DMDD.
- ❖ DMDD is a chronic, severe persistent irritability. Hindi kayang i-regulate ng bata ang mood nya kaya nagkakaroon ng temper tantrums at outburst (mania).
- ❖ Higher in males than females

Some diagnostic Criteria for DMDD:

1. Verbally and behaviorally aggressive
2. Temper outbursts occur 3 or more times per week
3. Irritable or angry most of the day (observed by parents, teachers, peers, etc.)
4. Numbers 1, 2, and 3 are present for 1 year.
5. Present in at least 2 settings (home, school, etc.)
6. Age of onset of the symptoms is before 10 years.
7. Must not be diagnosed with children ages before 6 or after 18. Meaning, only applicable with ages 7-18.

2) MAJOR DEPRESSIVE DISORDER (MDD)

- ❖ So done with life
- ❖ Episodic course

Some diagnostic criteria for MDD:

A. 5 or more of the following symptoms should be present during the same 2 weeks; at least 1 of the symptoms is either 1 (depressed mood) or 2 (loss of interest).

1. Depressed mood most of the day, nearly every day (indicated by subjective report or other's observation)

Liquido, Charlyn G.

2. Diminished interest or pleasure in all, or almost all, activity most of the day, nearly every day (subjective or observed) aka **anhedonia**
3. Weight loss or weight gain (5% or more) or increase/decrease in appetite
4. Insomnia or hypersomnia nearly every day
5. Psychomotor agitation (aligaga) or retardation (mabagal) nearly every day (indicated by observation only)
6. Fatigue or loss of energy nearly every day
7. Feelings of worthlessness
8. Diminished ability to think or decide
9. Recurrent thoughts of death, suicide ideation, or suicide attempt

B. Cause distress or impairment in functioning (social, occupational, etc.)

C. Episode is not attributable to the effects of substance or another medical condition

D. Occurrence is not better explained by schizophrenia or anything related with it and other psychotic disorders.

E. No manic or hypomanic episode ever

3. PERSISTENT DEPRESSIVE EPISODE (DYSTHYMIA)

- ❖ Personality type of depression
- ❖ Symptoms are less severe compared with MDD
- ❖ Lasts longer compared with MDD, 2 yrs for adults, 1 yr for children and teens
- ❖ Chronic course

Some diagnostic criteria for dysthymia:

A. Depressed mood for most of the day

B. Two or more of the following must be present:

1. Poor appetite or overeating
2. Insomnia or hypersomnia
3. Low energy or fatigue
4. Low self-esteem
5. Poor concentration
6. Feelings of hopelessness

C. Never nawala yung symptoms for more than 2 months, during the 1 yr or 2 yrs period.

D. Pwedeng may MDD for 2 yrs

E. Walang manic or hypomanic episode