

Unit Nine: Mood Disorders

Directions: This is a quote to give you the chance to think about the concepts we are about to discuss. Determine which letter from the choices above is the correct one and fits into the spaces below. When you are finished fill in the quote below.

A quote from Plato

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S	N	M	A	E	D		E	N	A	I	R	E	D	A	M	L	I	
H	U	F	R	N	M		K	E	R	V	L	E	R	E	I	N	O	S
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Anxiety is the handmaiden of creativity.

Unit Nine: Mood Disorders

Directions: Answer each of these questions in the space provided.

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What is mania?  
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What is unipolar depression?  
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What is bipolar disorder?  
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What is manic-depressive disorder?  
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What is the artifact theory?  
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What is the hormone theory?  
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What is the quality-of-life theory?  
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What is the "self blame" theory?  
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What are the emotional symptoms of clinical depression?  
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What are the motivational symptoms of clinical depression?  
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What are the behavioral symptoms of clinical depression?  
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What are the physical symptoms of clinical depression?  
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What is major depressive disorder?  
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What does recurrent mean as it applies to mood disorders?  
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What does seasonal mean as it applies to mood disorders?  
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What does catatonic mean?  
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What does postpartum mean?  
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What does melancholic mean?  
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What is dysthymic disorder?  
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What is double depression?  
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What is reactive (exogenous) depression?  
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What is endogenous depression?  
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What is Norepinephrine?  
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What is serotonin?  
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What are MAO inhibitors?  
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What are tricyclics?  
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What is the catecholamine theory?

What is the indoleamine theory?

What are circadian rhythms?

What is desynchronization?

What is melatonin?

What is the pineal gland?

What is seasonal affective disorder?

What is light therapy?

What is Cortisol?

What is introjection as it applies to the grieving process?

What is imagined, or symbolic, loss?

What is anaclitic depression?

What are maladaptive attitudes?

What is the cognitive triad?

What are arbitrary inferences?

What does it mean to minimize and magnify in depression?

What is selective abstraction?

What is overgeneralization?

What is personalization?

What are automatic thoughts?

What is ruminative response?

What is the learned helplessness theory?

What is depression?

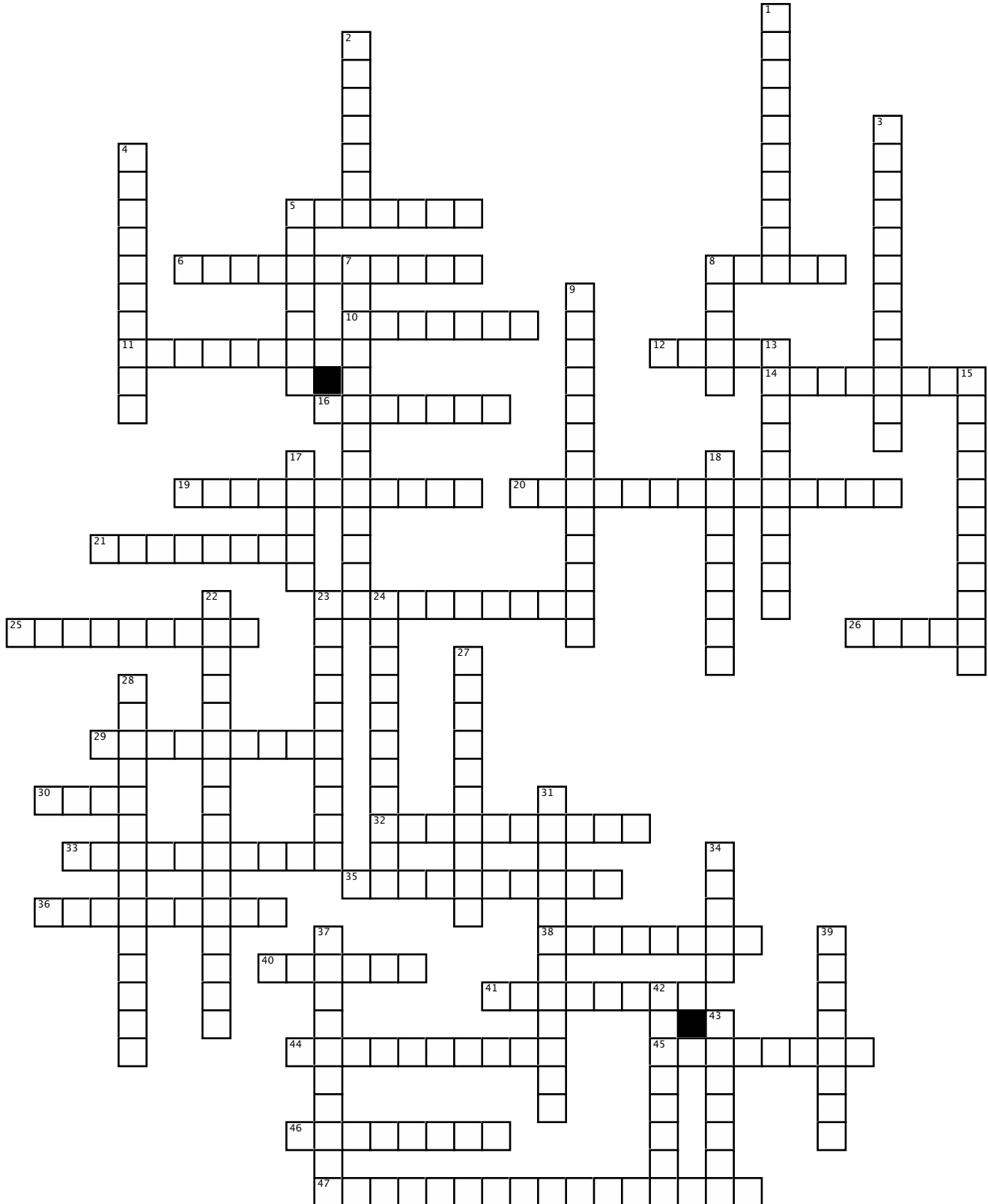
What is manic depression?

Unit Nine: Mood Disorders  
The World of Abnormal Behavior - Mood Disorders

Directions: Answer each of these questions in the space provided.

1. Describe a variety of situations in which people exhibit normal moods. Tell why you call their moods normal.
2. Give an example of a situation in which a mood is inappropriate to the situation or where a mood has become so severe that it interferes with the person's ability to function.
3. Identify three ways in which Phyllis's' and Rodney's mood disorders differ.
4. In the story about Susan and John, why does Dr. Knafo conclude that Susan's moods were entirely within the normal range?
5. What symptoms of depression does margarita describe?
6. Differentiate between the following levels of depression: mild, severe, psychotic, and depressive stupor.
7. Using Jan as an example, discuss some ways in which depression affects those around the person with the disorder.
8. Discuss Freud's view of the love-hate relationship with respect to depression. How does Gary Edelstein apply Freud's theory to Margarita?
9. Dr. Fawcett says that, "a person who is hypo manic may look like the American dream." What does he mean?
10. Describe the risk factor model put forth by Dr. Young and identify at least two biological, psychological, and environmental factors that might contribute to the onset of depression.
11. What does Carol Gilligan's research suggest about why women experience depression more than men? How is this exhibited in the cases of Phyllis and Margarita?
12. Tell how unconscious conflicts, biological factors, genetic factors, and life events Amy have contributed to the onset of Rodney's illness.

Unit Review Number Nine  
Mood Disorders



## Across

5. Cortisol, also known as the stress \_\_\_\_\_, is a hormone released by the adrenal gland that has been implicated in unipolar depression.
6. Selective \_\_\_\_\_ is an error of logic in which depressed people focus on one negative detail of a situation while ignoring the larger context.
8. Personalization is an error of \_\_\_\_\_ in which depressed people incorrectly view themselves as the cause of negative events.
10. Light \_\_\_\_\_ is exposure to extra amounts of synthetic light and is one of the most effective treatments for SAD.
11. Desynchronization is the result of an \_\_\_\_\_ between the body's circadian rhythms and the rhythms of the environment which results in depression.
12. The cognitive \_\_\_\_\_ is a concept developed by Aaron Beck that says individuals repeatedly interpret 1. their experiences 2. themselves and 3. their futures in negative ways, which leads them to feel depressed.
14. Arbitrary inferences are negative conclusions based on little or even contrary \_\_\_\_\_.
16. Circadian \_\_\_\_\_ are recurrent biological fluctuations that are driven by a kind of "internal clock."
19. The \_\_\_\_\_ theory states that unipolar depression is caused by lower activity of serotonin.
20. Tricyclics are a class of effective \_\_\_\_\_ medications.
21. Introjection is a \_\_\_\_\_ concept where a mourner regresses to the oral stage and cannot distinguish themselves from their parents. By doing this, mourners fuse themselves with the person they have lost, symbolically getting them back.
23. Dysthymic disorder is a form of depression characterized by only two or three symptoms of \_\_\_\_\_ that lasts for at least two years.
25. Ruminative \_\_\_\_\_ are seen in depressed people in which they repeatedly think about their mood instead of changing it.
26. The "self \_\_\_\_\_" theory states women are more likely to blame their failures on lack of ability and attribute their successes to luck- an attribution style linked to depression.
29. Maladaptive \_\_\_\_\_ are a concept developed by Aaron Beck that says some children develop attitudes that are inaccurate and self-defeating.
30. Mania is a dominating emotion in \_\_\_\_\_ disorders, characterized as a state of breathless euphoria or frenzied energy.
32. The \_\_\_\_\_ symptoms of clinical depression include spending more time alone, staying in bed for long periods, moving slowly, slow and quiet speech and downcast eyes.

## Down

1. Depression is a \_\_\_\_\_ emotion in mood disorders, characterized as being a low, sad state in which life seems bleak.
2. Manic Depression, also called \_\_\_\_\_ disorder, is a mood disorder in which people undergo periods of mania that alternate with periods of depression.
3. The learned \_\_\_\_\_ theory of depression is a combination of cognitive and behavioral concepts and states that people become depressed when they think that they no longer have control over the reinforcements in their lives and that they themselves are \_\_\_\_\_.
4. Recurrent refers to a major depressive disorder if it has been preceded by previous \_\_\_\_\_ episodes.
5. Melatonin is a \_\_\_\_\_, nicknamed the Dracula hormone, that is secreted by the pineal gland only when it is dark. Some theorists believe heightened melatonin secretions cause us to slow down, to have less energy, and to need to rest more in the winter.
7. The \_\_\_\_\_ theory states that unipolar depression is caused by lower activity of norepinephrine, which reduces neuron firing, a concept that fits the slow-motion picture of depression.
8. Overgeneralization is an error of \_\_\_\_\_ in which depressed people draw a broad conclusion from a single, sometimes insignificant event.
9. Reactive (exogenous) depression is a form of unipolar depression that follows clear-cut \_\_\_\_\_ events.
13. Anaclitic \_\_\_\_\_ is a psychodynamic concept in which children under six years old show signs of depression when separated from their parents.
15. To minimize and magnify relate to depression in that depressed people often minimize their accomplishments and experiences and magnify their negative \_\_\_\_\_.
17. The pineal \_\_\_\_\_ is the gland in the brain that secretes hormones such as melatonin.
18. Imagined loss is a \_\_\_\_\_ concept in which someone feels they've lost someone, without anyone actually dying (for example, a college student who fails a class may feel they've lost the love of a parent, which they feel only exists when they excel acad
22. Norepinephrine is a \_\_\_\_\_ whose reduced activity in the brain has been strongly implicated in unipolar depression.
23. Double \_\_\_\_\_ is the term for when dysthymic disorder leads to a major depressive disorder.
24. Melancholic refers to a form of major depressive disorder seen in people who are almost totally unaffected by \_\_\_\_\_ events, are more depressed in the morning, and suffer from appetite loss and excessive guilt.

## Across

33. Endogenous \_\_\_\_\_ is a form of unipolar depression which unfolds without apparent antecedents and seems to be responding to internal factors.
35. Major \_\_\_\_\_ disorder is a period of depression that lasts for two weeks or more and is characterized by at least five symptoms of depression and is not caused by drugs or a general medical condition.
36. Seasonal \_\_\_\_\_ disorder is a form of depression that takes place each winter, when melatonin secretions are higher. SAD is less common in areas nearer to the equator.
38. Catatonic refers to a major depressive disorder that is dominated by either immobility or excessive \_\_\_\_\_.
40. The quality-of-life \_\_\_\_\_ states women on average suffer more poverty, menial jobs, less than adequate housing, and more discrimination in men- all factors in depression.
41. The emotional symptoms of \_\_\_\_\_ depression include: intense sadness, dejection, misery, "emptiness," and "humiliation."
44. Bipolar disorder is a mood disorder in which people undergo periods of mania that alternate with periods of \_\_\_\_\_.
45. Automatic \_\_\_\_\_ are a steady train of unpleasant thoughts that repeatedly remind them of their assumed inadequacy and the hopelessness of their situation.
46. Manic-Depressive \_\_\_\_\_, also called bipolar disorder, is a mood disorder in which people undergo periods of mania that alternate with periods of depression.
47. Serotonin is a \_\_\_\_\_ whose reduced activity in the brain has, along with Norepinephrine, been strongly implicated in unipolar depression.

## Down

27. Seasonal refers to a major depressive disorder that \_\_\_\_\_ with seasonal changes.
28. MAO inhibitors are a class of effective \_\_\_\_\_ medications.
31. The \_\_\_\_\_ symptoms of clinical depression include a lack of drive, initiative, and spontaneity.
34. Postpartum refers to a form of major depressive disorder that occurs within four weeks of giving \_\_\_\_\_.
37. Unipolar \_\_\_\_\_ is a mood disorder in which people suffer exclusively from depression and have no history of mania.
39. The physical \_\_\_\_\_ of clinical depression include headaches, indigestion, dizzy spells, constant tiredness, disturbances in sleep and appetite and general pain.
42. The \_\_\_\_\_ theory states men and women are equally prone to depression, but men find it less socially acceptable to admit such feelings.
43. The \_\_\_\_\_ theory states that hormonal fluctuations trigger depression in genetically vulnerable women.