

Module 1: Common mood disorders



What are mood disorders?

Mood disorders all over the world

The total number of people living with depression in the world is 322 million and the proportion of the global population with depression in 2015 is estimated to be 4.4%.

- **Depression** is the most common mental illness and according to the World Health Organization, will be one of the biggest health problems worldwide by the year 2020.
- Comprising both manic and depressive episodes, and featuring moments of “normal” or stabilized mood, **bipolar affective disorder** impacts approximately 60 million people worldwide.



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What are mood disorders?

Factors that play a role in the cause and progression:

Genetic

Neurochemical

Psychological

Environmental

Social

It is usually difficult to determine the impact of which of these factors plays the most important and predominant role in the cause and progression of the disorder.

Symptoms and behaviour

Common symptoms of depression

- depressed mood
- loss of interest and enjoyment
- decreased energy
- feelings of guilt or low self-worth
- Slowing down or restlessness
- disturbed sleep or appetite
- feelings of tiredness
- possible suicidal thoughts



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Symptoms and behaviour (continuation)

Common symptoms of mania are:

euphoric, elevated, expansive mood, irritable mood, anger

- increased interest or pleasure
- problems with concentration, beliefs, sense of self
- significant change in appetite and sleep habits
- restlessness/agitation



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Symptoms and behaviour (continuation)

Suicidal thoughts and behaviour
making final arrangements

- making a will or saying goodbye to friends
- talking about death or suicide:
 - directly: e.g. "I wish I was dead!"
 - indirectly: e.g. "I think dead people must be happier than us"
- self-harm
- a sudden lifting of mood
- recent worsening of sleep
- seeming restless or agitated



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Caregiver concerns

How does family affect depression?

Types of families that **increase** a risk for depression

Perfectionist families

Invalidating families

Violent families

Family factors that **increase** a risk for bipolar disorder

- Heredity - scientists report that if one identical twin has bipolar disorder, the other twin has about 40% to 70% chance of developing bipolar disorder. The lifetime risk in first-degree relatives is 5 to 10%; around seven times higher than the general population risk.
- Family stressors - childhood maltreatment, substance misuse, living with a parent who has a tendency toward mood swings, alcohol or substance abuse, financial and sexual indiscretions, and hospitalizations.

Do you want to learn more?

Our interactive Resource Pack will give you information about

- concerns that you as caregiver might have
- what can be done
- useful tips how to handle the burden of care
- how to avoid stress and burnout
- how to deal with your emotions
- acceptance of the disorder
- and more!

You will also find exercises and activities for YOU and for the care receiver!



The Resource Pack will be available in May 2020!