

Module 4: 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.



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

- 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 family**
- **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 5–10%; 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.

Caregiver concerns (continuation)

How does family affect depression?

Family caregivers may:

- support
- empower
- help in managing the day-to-day tasks
- help loved one to find the treatment

in order to try to **decrease** the symptoms and suffering of their loved ones.

Caregiver concerns (continuation)

How does mood disorder affect the family?

Family responds to mood disorder based on

- the age
- developmental stage of the ill individual
- the strength and coping mechanisms of the family
- the family life-cycle stage

Different ways that depression can affect a family:

- A loved one becomes emotionally fragile
- The role reverses
- The family members may experience sorrow and guilt
- Social stigma associated with depression
- Spiritual crisis in the family

Caregiver concerns (continuation)

How does mood disorder affect the family?

Different ways that bipolar disorder can affect a family:

- Distress
- Anger
- Exhaustion
- Social isolation
- Role change

Caregiver concerns (continuation)

Should person with mood disorder seek professional help?

- Untreated depression can be extremely debilitating to an individual, interfering with every part of life. In addition, severe depression can potentially lead to suicide if it does not receive immediate attention.
- Bipolar affective disorder is a chronic mental health condition and usually requires a long-term treatment plan involving medication as well as psychological treatment and lifestyle approaches.
- The family should **encourage loved one with mood disorder** to seek treatment.
- Family member should be supported to take medication as prescribed, and not to assume the person isn't following the treatment plan just because they aren't feeling 100% better.
- It may take time to find the right medication for mood disorder and the medication and dosage may have to be revised many times before the right medication is found.

What can be done?

Tips for caregivers of family member with mood disorder

- **Educate yourself about mood disorder.**
- **Try to keep in touch.** Try to talk not necessarily about how she or he feels. Just talking about everyday things without pressure can make a big difference to how someone feels.
- **Be willing to listen** to the family member will make her/him to feel less alone and isolated. Try to understand how she or he feels. Just listening and being understanding can be a powerful healing tool.



Source:<https://making-the-web.com/hand-images-free>

What can be done? (continuation)

Tips for caregivers of family member with mood disorder (cont.)

- **Don't be critical.** When the person wants to talk, listen carefully, but avoid giving advice or opinions or making judgments. Try not to blame them or put too much pressure on them to get better straight away. Give positive reinforcement.
- **Be understanding.** Let your friend or family member know that you're there if they need a sympathetic ear, encouragement, or assistance with treatment.
- **Help create a low-stress environment.** Offer to make a schedule for meals, medication, physical activity and sleep, and help organize household chores.
- **Support them to get help.** Explain that treatment is not personality-altering and can greatly help to relieve symptoms. It's important to reassure your depressed family member that it's OK to ask for help, and that there is help out there.

What can be done? (continuation)

Tips for caregivers of family member with mood disorder (cont.)

- **Help them to adhere to treatment.** Help them prepare for mental health care provider appointments by putting together a list of questions. Offer to go along to health care appointments and to attend family therapy sessions. Help them stick with the prescribed treatment plan.
- **Show patience.** Getting better takes time, even when a person is committed to treatment. Don't expect a quick recovery or a permanent cure.
- **Stay alert for warning signs of suicide.** Take all signs of suicidal behavior seriously and act immediately. Contact a doctor, a hospital or emergency medical services for help. Let other family members or close friends know what's going on. Remove all available means of attempting suicide (medication, sharp objects and poisonous household chemicals).

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!



**More information is available in the
Resource Pack:**

https://developfc.csicy.com/?page_id=11708