

Affective disorders - Mood disorders

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Definitions

- Affect: Observed expression of emotion



- Mood: Pervasive and sustained emotion subjectively experienced and reported by the patient and observed by others

Mood disorders

- Syndromes
- Classification
- Epidemiology
- Diagnosis
- Etiology
- Therapy



Syndromes: Depression

- **General description:** psychomotor retardation, stooped posture, no spontaneous movements, averted gaze
- **Mood-affect:** depressed mood, loss of energy, interest
- **Speech:** decreased rate and volume, delayed answers
- **Perception:** hallucinations
- **Thought:** negative thoughts (worthlessness, loss, guilt, death, suicide - delusions)
- **Memory:** impaired
- **Somatic:** loss of appetite, insomnia, hyposexuality

Syndromes: Mania (hypomania)

- General description: Excited, talkative, hyperactive
- Mood-affect: elevated mood, euphoria, irritability, low frustration tolerance (anger, hostility)
- Speech: increased rate and volume, difficult to interrupt
- Thought: flight of ideas, loosened associations, increased self confidence, grandiosity, delusions (great wealth, extraordinary abilities, power)
- Judgment: impaired, disinhibition, impulsivity, no insight
- Somatic: loss or increased appetite, insomnia, hypersexuality

Classification

- long term course
- etiology
- severity
 - mild
 - moderate
 - severe without psychotic features
 - severe with psychotic features



Classification - epidemiology

- Depressive disorders lifetime prevalence
 - Major depressive disorder 10-25% w, 5-12% m
 - Dysthymic disorder 6%
- Bipolar disorders
 - Bipolar I. 0.4-1.6%
 - Bipolar II. 0.5%
 - Cyclothymic disorder 0.4-1.0%

Etiology

- Primary depression (incl. „endogenous”)
 - major depressive disorder
 - dysthymic disorder
 - bipolar disorder
 - cyclothymia
- Secondary depression
- Other mental disorders with depressive features



Etiology - Primary mood disorders

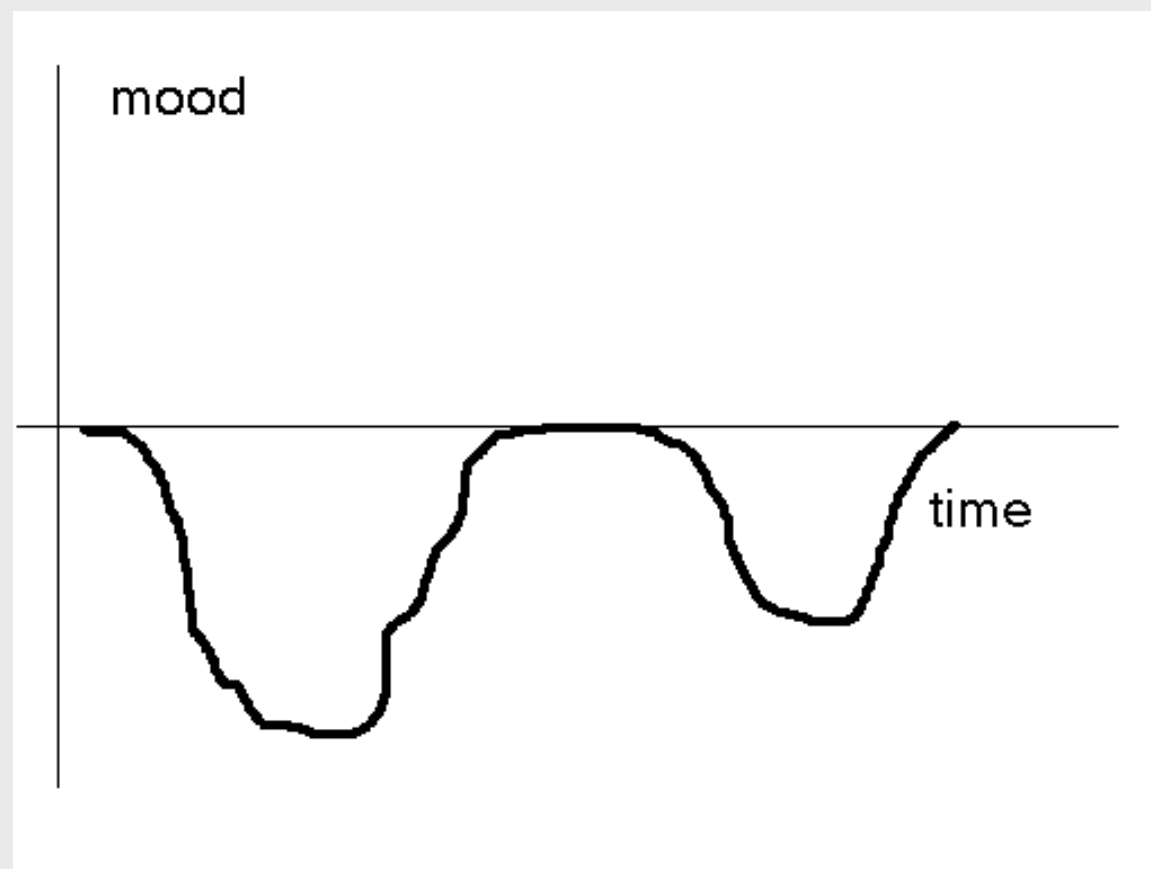
- Biological factors
 - Biogenic amines (norepinephrine, serotonin, dopamine, etc)
 - Neuroendocrine regulation (adrenal axis, thyroid axis, etc)
 - neuroimmun regulation, brain imaging, neuroanatomy, etc.
- Genetic factors
- Psychosocial factors (life events and stress, personality factors, psychodynamic factors)

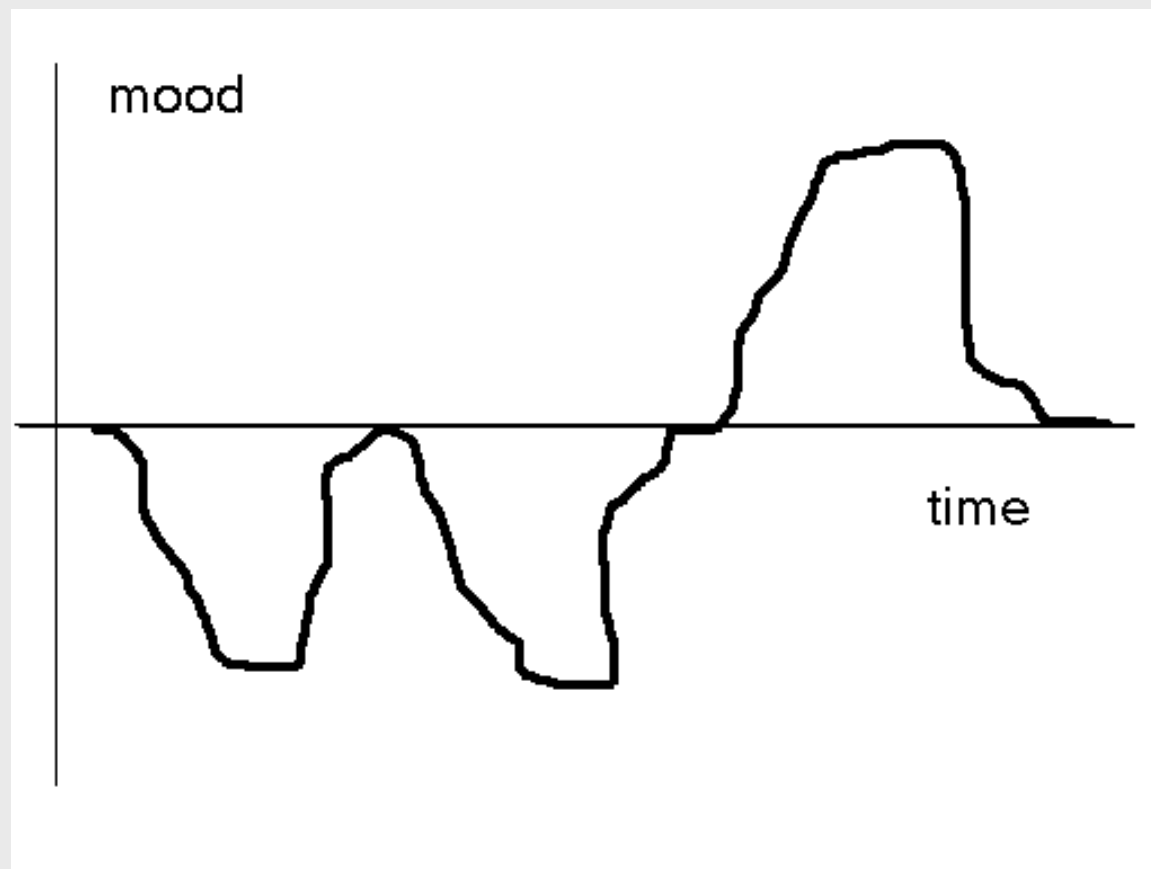
Etiology - secondary mood disorders

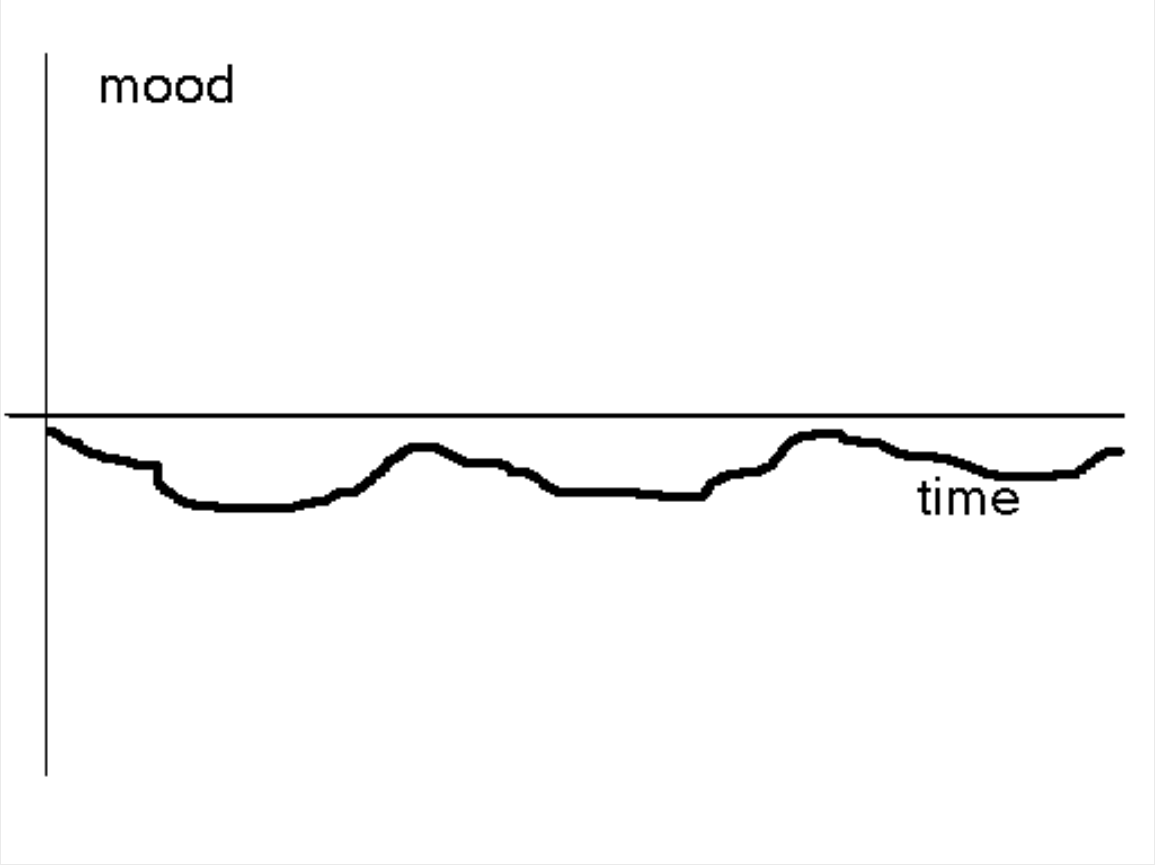
- Mood disorders due to a general medical condition
 - neurological cause (tumor, trauma, neurodegenerative disease, cerebrovascular, infection, multiple sclerosis, etc)
 - extraneurological or systemic cause (neoplasm, infection, cardiovascular disease, metabolic changes, endocrine dysfunction, etc.
- Substance induced mood disorders
 - pharmacological cause (antihypertensives, steroids, analgetics, anxiolitics, etc.)
 - drug intoxication and withdrawal (alcohol, sedatives, cocaine, amphetamines, etc.)

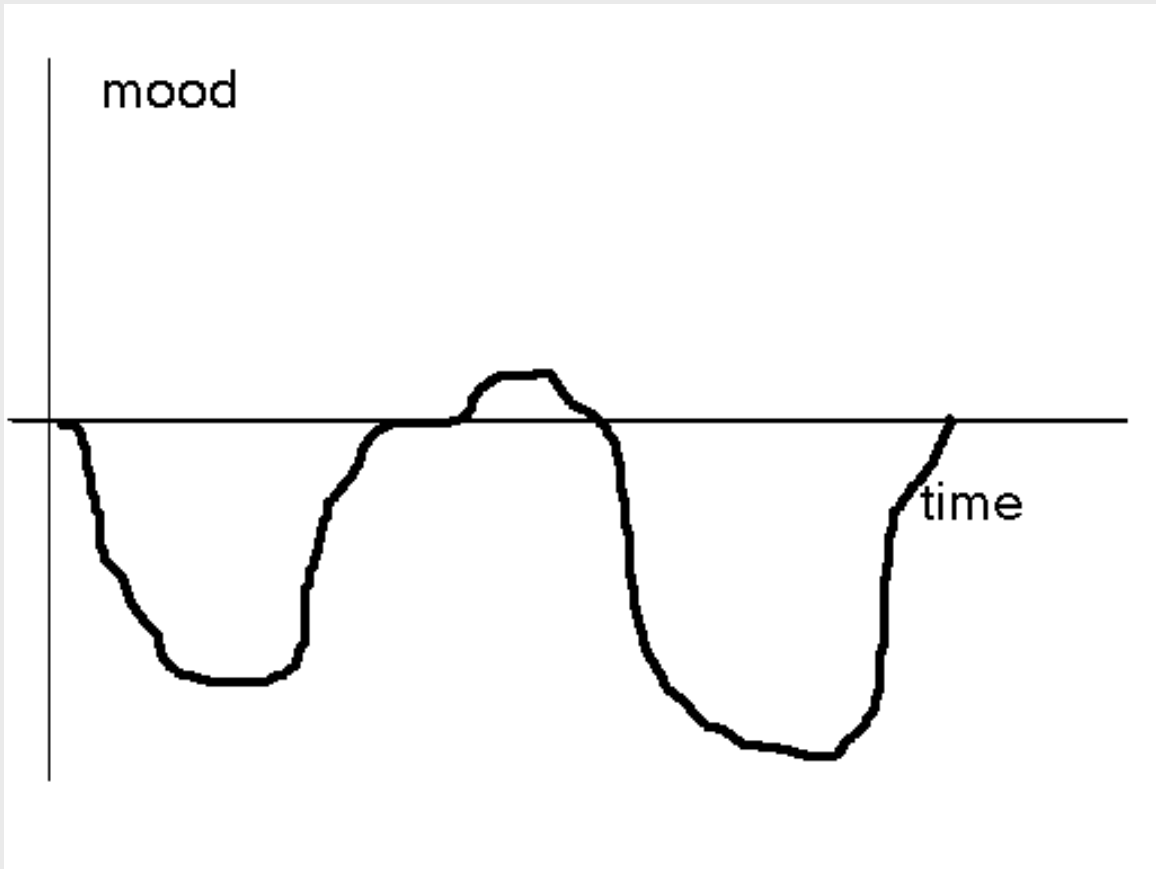
Other mental disorders with depressive features

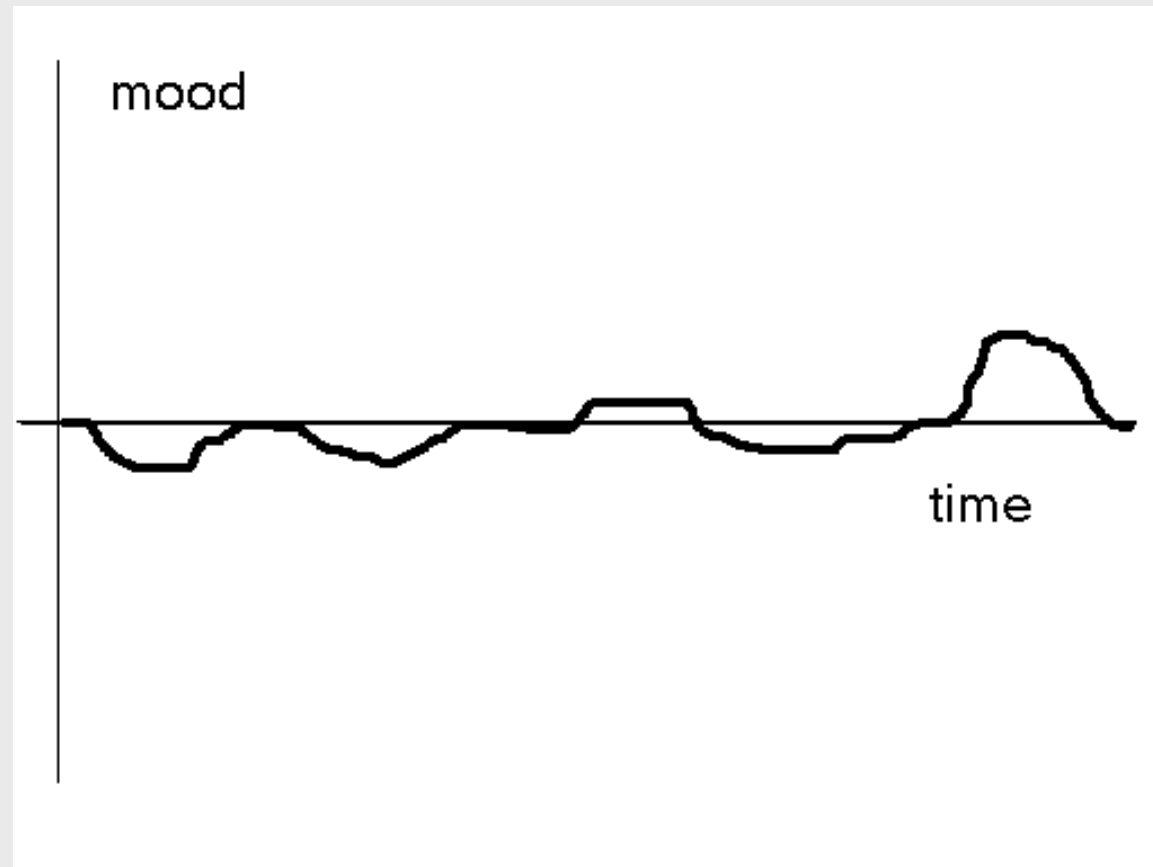
- Anxiety disorders (generalized anxiety, mixed anxiety-depressive disorder, panic disorder, etc.)
- Eating disorders
- Schizophrenia - schizoaffective disorder
- Somatoform disorders (somatization disorder)
- Alcohol use disorders
- Adjustment disorder





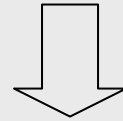






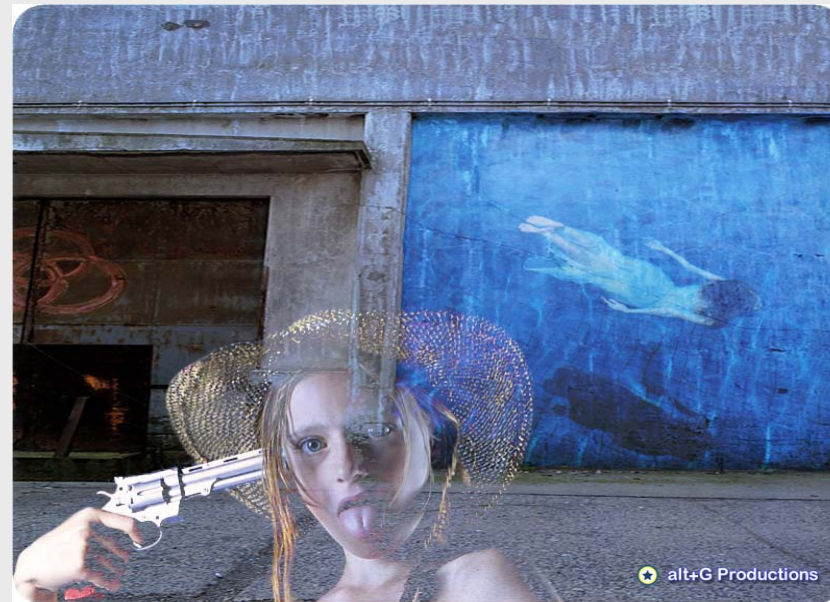
Consequencies

- Disability
- Alcohol, sedative, drug abuse



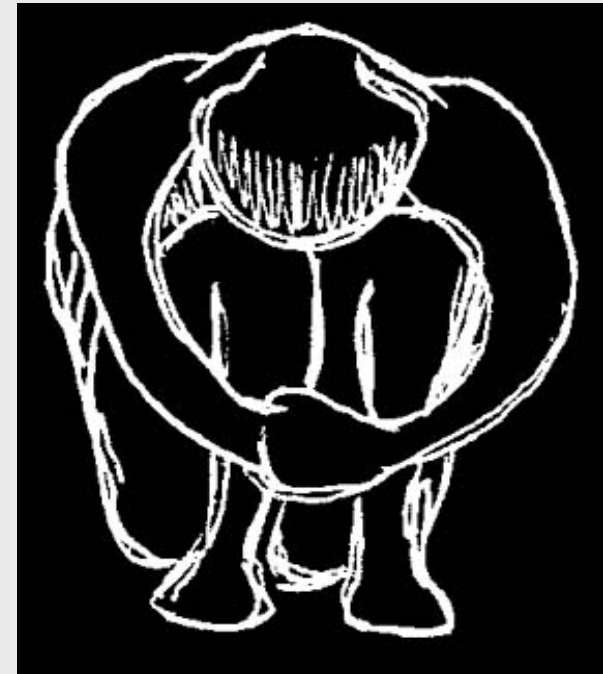
DEPENDENCE

- Suicide (15%)



Therapy

- Pharmacotherapy
- Psychotherapy
 - cognitive - behavior therapy
 - interpersonal approach
 - psychodynamic approach
 - family therapy
- Combination



Pharmacotherapy

- Depression
 - antidepressants (tricyclic, tetracyclic, SSRI, MAOI, double action, dopaminergic)
 - anxiolytics (e.g. BZD)
 - ECT (electroconvulsive therapy)
- Mania
 - antimanic treatment (lithium, valproate, CBZ, BZD, antipsychotics)
- Bipolar disorder
 - mood stabilizer (lithium, valproate, CBZ, other anticonvulsants)

