Mood Disorders and Suicide

Mind Map of Essential Knowledge (Vocabulary and Concepts):

**Depressive Disorders**
- 4 Common Features, including changes in
  1. Emotional States
  2. Motivation
  3. Functioning and Motor Behavior
  4. Cognition

**Mood Swing Disorders** (Bipolar Disorders)
- The client struggles with the symptoms of Depression coupled with manic episodes that include euphoria, restlessness, excessive behavior, disorganization and poor judgment

**Subtypes**
- Bipolar Disorder
- Manic Episodes
- Cyclothymic Disorder

**Suicide**
- Who Commits Suicide
  - Age Factors
  - Gender Differences
  - Race and Cultural Differences
  - Family History

- Why Do They Do It
  - Psychological problems including depression, substance problems, schizophrenia, panic disorder, PTSD, antisocial personality disorder and borderline personality disorder
  - Rational response to one's life situation
  - Religious or political conviction
  - Response to high stress
  - Manipulation.

- Theoretical Perspectives
  - Psychodynamic—anger turned inward or the “death instinct”
  - Existentialist/humanistic—life is meaningless and hopeless
  - Sociological—anomie or alienation from others
  - Learning—poor problem-solving skills, reinforcing effects of sympathy and support during suicide ideation and attempts
  - Cognitive—expectation of positive outcomes from suicide including that problems will be solved, they will be missed and eulogized, social contagion
  - Biological—reduced serotonin activity, genetic influences

**Vulnerability**
- Gender Differences
- Age Factors
- Race and Culture Differences
- Stressful Life Events

**Perspectives/Treatments**
- Unipolar Depression
  - Psychoanalytic (pathological mourning, interpersonal psychotherapy--IPT)
  - Learning (reinforcement, interactional theory)
  - Cognitive (cognitive triad, cognitive distortions, cognitive specificity hypothesis (automatic thoughts), learned helplessness, attributional style, cognitive therapy)
  - Biological (genes, biochemical factors, brain abnormalities, antidepressant drugs, ECT, phototherapy for SAD)

- Bipolar Depression
  - Lithium carbonate
  - Anticonvulsant drugs
  - Psychotherapy

**Prevention and Intervention**
- Provide treatment for underlying psychological problems
- Develop strategies for maintaining hope during times of severe stress
- Draw the person out, be sympathetic, suggest other means for solving problems, inquire about method, propose they come with you immediately to see a professional, take them seriously, be respectful