

DEPRESSION: A MOOD DISORDER

The DSM-IV includes the following four diagnoses under Mood Disorders:

Major Depressive Disorder

- ✓ Most prevalent form of mood disorder in children and adolescents
- ✓ 2.5 percent occurrence in children
- ✓ 8.3 percent occurrence in adolescents

Dysthymic Disorder

- ✓ 1.7 percent occurrence in children
- ✓ 8 percent occurrence in adolescents

Bipolar Disorder (involves presence of mania)

- ✓ Less than 1 percent occurrence in adolescents
- ✓ One or more manic episodes and one or more major depressive episodes

Cyclothymia (involves presence of mania)

- ✓ Least studied in children and adolescents
- ✓ Incidence of occurrence inconclusive
- ✓ Chronic fluctuating mood disturbance involving numerous periods of hypomania symptoms and numerous periods of depressive symptoms
- ✓ Symptom free intervals last no longer than 2 months in a one year period for children and adolescents

Symptoms of a Manic Episode

- ✓ Persistent elevated, expansive, or irritable mood
- ✓ Inflated self-esteem
- ✓ Decreased need for sleep
- ✓ Being more talkative than usual
- ✓ Feeling of thoughts racing
- ✓ Distractibility
- ✓ Increased goal-directed activity or psychomotor agitation
- ✓ Excessive pleasurable activity that can lead to negative consequences (i.e., buying sprees, sexual indiscretions)

Symptoms of a Hypomanic Episode

- ✓ Identical list of symptoms as manic episode but not sufficiently severe to cause marked impairment in social or occupational functioning or to require hospitalization