

Mood Disorder

A pattern of illness due to an abnormal mood. People who have mood disorder experience depression at some time but some have highs of mood.

Major Depressive Disorder

Depressed mood that existed for a minimum period of time, is accompanied by a number of symptoms, and has resulted in disability.

Signs & Symptoms:- (In the same 2 weeks, the sufferers have several of the following)

- Depressed mood for almost daily
- Loss of interest or pleasure in nearly all activities
- Loss or gain of weight
- Increased or decreased of appetite
- Either sleeps excessively or not enough
- Psychomotor activity is either speeded up or slowed down
- Loss of energy or tiredness nearly daily
- Feelings of worthlessness or inappropriately guilty for almost daily
- Indecisive or has trouble thinking or concentrating almost daily
- Repeated thoughts about death / suicide / has made attempts
- Above symptoms impaired social life, school, work performance or areas of functioning, such as sex
- Some depressed individuals feel so anxious that they become agitated

Manic Episode

A person must have symptoms for a minimum of 1 week. The classic triad of symptoms is heightened self-esteem, increased motor activity and pressured speech. People with manic episodes typically create havoc on their own lives and those around them.

Signs & Symptoms:- (In the same 1 week, the sufferers have several of the following)

- Grandiosity / Exaggerated self-esteem (to the point of delusion)
- Reduced need for Sleep
- Increased talkativeness
- Flight of ideas / racing thoughts
- Easily distracted
- Increased goal-directed activity or speeded up psychomotor activity
- Poor judgment

Hypomanic Episode

This is much like a manic episode but it is briefer and less severe. It requires a mood quality that has existed for a required period of time, is attenuated by a required number of symptoms, and has resulted in some degree of disability.

Signs & Symptoms:- (several of the following)

- Grandiosity / Exaggerated self-esteem (not to the point of delusion)

- Reduced need for sleep
- Increased talkativeness
- Flight of ideas / racing thoughts
- Easily distracted
- Increased goal-directed activity or speeded up psychomotor activity
- Poor judgment
- No Features of psychosis.

=> Symptoms represent a distinct change from a person's usual functioning. Others can notice change in mood and functioning.

Dysthymic Disorder

People who have dysthymic disorder are chronically depressed for 2 years or more. They have many of the same symptoms found in major depressive episodes except thoughts of death / suicidal ideas.

Signs & Symptoms:- (several of the following)

- Increased or decreased of appetite
- Increased or decreased sleep
- Poor self-image
- Fatigue or low energy
- Feelings of hopelessness
- Reduced concentration / Indecisiveness

Bipolar Disorder

Commonly known as manic-depressive disorder. Sufferers may experience manic / hypo manic episodes and also episodes of depression.

Reference:-

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <http://www.psychologynet.com>