

HEALTH & SAFETY: PSYCHIATRIC DISORDERS

“Mood Disorders”

BQIS/Outreach Fact Sheets provide a general overview on topics important to supporting an individual's health and safety and to improving their quality of life.

Objectives

Individuals will understand the symptoms, common causes, and treatment of Mood Disorders.

Definitions

Major Depressive Disorder: A mood disorder characterized by profound feelings of sadness or despair.

Bipolar Disorder: A mood disorder characterized by episodes of mania and depression.

Facts

- The primary Mood Disorders are Major Depressive Disorder and Bipolar Disorder.
- Major Depressive Disorder (MDD) is a medical illness characterized by symptoms including:
 - Depressed mood
 - Loss of interest or pleasure in doing things
 - Difficulty falling asleep or staying asleep
 - Poor appetite or overeating
 - Difficulty concentrating
 - Moving or speaking slowly
 - Fatigue or loss of energy
 - Feelings of guilt, hopelessness, or worthlessness
 - Thoughts about death or suicide

- Depressed mood and at least five other symptoms must occur daily over a two week period and significantly affect ability to function, in order for the diagnosis of Major Depressive Disorder to be made.
- There is no single cause of depression.
- Psychological, biological, and environmental factors may all contribute to the development of depression.
- Research has shown that there may be a genetic component involved in depression, meaning that if a parent or grandparent has had depression you may be more likely to develop depression.
- Significant life events such as loss of a loved one, traumatic experiences, or drug or alcohol abuse may be triggers for the development of depression.
- Treatment for Major Depressive Disorder:
 - Typically involves medication (antidepressants) and psychotherapy.
 - Commonly used antidepressants include Citalopram (Celexa), Escitalopram (Lexapro), Fluoxetine (Prozac, Prozac Weekly), Paroxetine (Paxil, Paxil CR, Pexeva), Sertraline (Zoloft), Duloxetine (Cymbalta), and Venlafaxine (Effexor, Effexor XR).
 - Psychotherapy such as Cognitive Behavioral Therapy has been shown to be very effective in treating Major Depressive Disorder.
 - Treatment using a combination of medication and psychotherapy is generally most effective.
- Bipolar Disorder is a chronic condition that typically last throughout a person's lifetime.
- Bipolar Disorder is characterized by recurring shifts of mood from Mania (see symptoms listed below) to Depression lasting from one week to several months.
- Elevated mood must persist for at least one week and be accompanied by at least three of the other symptoms.
- Bipolar Disorder typically begins in adolescence or early adulthood.
- There is no one known cause of Bipolar Disorder, although research does show some evidence of a genetic component.
- Bipolar Disorder is a medical illness that causes extreme shifts in mood, energy, and functioning. It is characterized by the occurrence of at least one or more Manic Episodes.
- It is important to be familiar with the persons warning signs of mania.
- People who suffer from Bipolar Disorder often experience one or more Major Depressive Episodes (see above).
- A Manic Episode is characterized by symptoms including:
 - Abnormal and persistently elevated or irritable mood
 - Inflated Self Esteem
 - Decreased need for sleep (feels rested after 3 hours or less of sleep)
 - More talkative than usual
 - Racing thoughts

- Easily distracted
- Increased goal-directed activity (starting projects/relationships)
- Excessive involvement in pleasurable activities (spending sprees, sexual activities, foolish business decisions).
- Treatment for Bipolar Disorder:
 - Treatment is typically needed throughout the lifespan of a person suffering from Bipolar Disorder.
 - Medications used in the treatment of Bipolar Disorder are often Mood Stabilizers and Antipsychotics. These medications include: Lithium (Eskalith or Lithobid), Divalproex sodium (Depakote), Carbamazepine (Tegretol), Olanzapine (Zyprexa), Risperidone (Risperdal), Quetiapine (Seroquel), Ziprasidone (Geodon), Aripiprazole (Abilify).
 - These medications are sometimes used in combination to maintain stability of mood.
 - Antidepressant medications (see above) may also sometimes be used in combination with mood stabilizers.
 - Many of the Mood Stabilizers and Antipsychotic medications have possible side-effects that need to be monitored for by a psychiatrist.
 - Lab tests and physical exams are also part of optimal treatment.
 - Generally people suffering from Bipolar Disorder also benefit from treatment with psychotherapy and education about their illness, along with medication treatment.

Recommended Actions and Prevention Strategies

1. Administer medications as prescribed
2. Watch for anything different/change in status about the person and for signs and symptoms of side effects of medications
3. Document noted signs and symptoms of side effects of medications and changes in status of the person
4. Communicate noted signs and symptoms of side effects of medications and changes in status of the person to supervisor/nurse according to the seriousness of symptoms as listed above or per agency policy
5. Seek medical attention as indicated according to the seriousness of symptoms as listed above
6. Monitor for effectiveness of medication by documenting target behavior data that relate to diagnosis
7. Ensure AIMS (Abnormal Involuntary Movement Scale) is completed and results of AIMS and other data including weight is presented to physician/psychiatrist during scheduled appointments
8. If familiar with the persons warning signs of mania ensure they are documented and notify physician/psychiatrist as soon as noted.

Learning Assessment

Questions that can be used to verify a person's competency in the material contained in this Fact Sheet:

1. Criteria for the diagnosis of Major Depressive Disorder include:
 - A. Happy mood
 - B. Increase in ability function
 - C. Must last at least 2 weeks
 - D. All of the Above
2. Treatment of Major Depressive Disorder includes:
 - A. Antidepressant medications
 - B. Psychotherapy
 - C. Dietary changes
 - D. A and B
3. Criteria for the diagnosis of Bipolar Disorder include:
 - A. Hallucinations
 - B. Manic episode
 - C. High Blood Pressure
 - D. None of the Above
4. Treatment of Bipolar Disorder can include:
 - A. Mood Stabilizers
 - B. Antipsychotics
 - C. Antidepressants
 - D. All of the Above
5. To help monitor the condition of someone receiving an antipsychotic medication, it is important to do all of the following except:
 - A. Watch for any changes in the person
 - B. Document observations of possible side effects of medications
 - C. Report to your supervisor how the person is doing every other month
 - D. Take target behavior and weight data to medical appointments for the physician/psychiatrist's

References

American Psychiatric Association (2000). Diagnostic and Statistical manual of Mental Disorders, Fourth Edition, Text Revision. Washington, DC: American Psychiatric Association.

National Alliance on Mental Illness (NAMI) - What is Depression? www.nami.org/Content/NavigationMenu/Mental_Illnesses/Depression/Mental_Illnesses_What_is_Depression.htm

National Alliance on Mental Illness (NAMI) - Bipolar Disorder www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23037

About.com: Bipolar Disorder - Warning Signs of Mania
bipolar.about.com/od/maniahypomani1/a/mania.htm

Learning Assessment Answers

1. C
2. D
3. B
4. D
5. C

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outreach@fssa.in.gov • DDRSOutreach.IN.gov

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