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Topic: Depressive Disorders

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Depressive disorders

Depressive disorders include disruptive mood Dysregulation disorder, major depressive disorder, persistent depressive disorder (dysthymia), premenstrual Dysphoric disorder, substance/medication induced depressive disorder, depressive disorder due to another medical condition, other specified disorder and unspecified disorder.

The common feature of all these disorders is presence of sad, empty or irritable mood accompanied by somatic and cognitive changes that significantly affect the individual's capacity to function.

Disruptive Mood Dysregulation disorder

Diagnostic criteria

Symptoms include severe temper outbursts at least three times a day. Mood is sad, irritable or angry almost every day. Reaction is bigger than expected. Time duration includes child must be at least six years old. Symptoms begin before age 10. Symptoms are present at least for a year. Child has a trouble functioning in more than one place (e.g. home, school and/or with friends).

Etiology

This includes children who from a very young age have struggled to deal with frustration or adapt to change without losing their temper. Sometimes children with an earlier diagnosis of ADHD or anxiety can get an alternative or additional diagnosis of DMDD.

Intervention

It can be treated with combination of behavioral therapy and medication. Psychotherapeutic technique is also used.

Major Depressive Disorder

Diagnostic criteria

You feel sad, irritable nearly every day. You suddenly lose or gain weight or have a change in appetite. You have a trouble falling asleep or want to sleep more than usual. you experience feeling of restlessness .you feel worthless or guilty. You have difficulty concentrating, thinking or making decisions. you think about harming yourself or committing suicide.

Etiology

It may be caused by alcohol or drug abuse. It is also caused by certain medical conditions such as cancer or hypothyroidism. It may be caused by particular type of medications including steroids.

Intervention

It can be treated with medication (antidepressant) like tricyclic antidepressant.

It can also be treated with psychotherapy which includes talk therapy, cognitive behavioral therapy, and interpersonal therapy. Eating rights such as food with omega-3 fatty acid and vitamin B .It also includes avoiding alcohol, processed foods, getting plenty of exercise, sleeping well.

Persistent depressive disorder (dysthymia)

Diagnostic criteria

Symptoms include persistent feeling of sadness, hopelessness, sleep problems, low energy, a change in appetite, difficulty in concentrating, indecisiveness, a lack of interest in daily activities, decreased productivity. poor self-esteem. Avoidance of social activities. Negative attitude.

Etiology

It can be caused by a chemical imbalance in brain. A family history of condition. A history of other mental health condition such as anxiety. It can also be caused by loss of loved one or financial problems .it's cause may be chronic physical illness such as heart disease, physical brain trauma, concussion.

Intervention

It can be cured by antidepressant, talk therapy, lifestyle changes, exercising three times a day, eating a diet that consist of natural things, avoiding drugs and alcohol, practicing yoga and meditation , writing in a journal.

Premenstrual Dysphoric disorder

Diagnostic criteria

Mood swings, depression, hopelessness. Intense anger. Tension, anxiety, irritability. Decreased interest in usual activities. Difficulty in concentrating. Fatigue. Change in appetite.

Etiology

Main cause remains unclear.

It stems from brain's abnormal response to a woman's fluctuation of normal hormones during menstrual cycle which in turn leads to a deficiency in neurotransmitter serotonin.

It is common in women with family history of postpartum depression, mood disorders, and depression.

Intervention

Supplements include chasteberry extract to relieve physical symptoms. Magnesium oxide.

Dietary supplements with calcium, vitamin E, Yoga, saffron therapy, qi therapy.

Finding relaxing activities such as reading, going for a walk, having bath.

Substance/medication-induced depressive disorder

Diagnostic criteria

Symptoms include constantly feeling sad, hopeless, and empty. Feeling irritated or agitated.

Sleeping too much or little. Low energy levels, fatigue. Low self-esteem.

Decreased sex drive. Increased thoughts of suicide.

Etiology

It is caused by using alcohol, drugs or medications, hallucinogens, inhalants, opioids.

Intervention

Treatment for substance induced depressive disorder includes immediate hospitalization, long-term care, often in a residential setting and using medication and behavioral therapies.

Depressive disorder due to another medical condition.

Diagnostic criteria

Persistent and prominent period of stressed mood.

Disturbance is the direct pathophysiological consequence of another medical condition.
Disturbance causes clinically significant distress or impairment in social, occupational, or other important conditions of functioning.

Etiology

Cushing's syndrome, a hormonal disorder caused by long-term exposure of body tissues to high levels of hormone cortisol, can also cause depressive symptoms. Other symptom of depression is staggering. This includes condition such as HIV/AIDS.

Intervention

Placebo-Controlled antidepressant treatment is sometimes used.

Other specified depressive disorder

It is used in situations in which the clinician chooses to communicate the specific reason that the presentation does not meet the criteria of any specific disorder.

Unspecified depressive disorder

Symptoms include clinically significant distress or impairment in social, occupational or other areas of functioning,

For the diagnosis to be correct, a psychiatrist is required to spend time with patient. Symptoms of disorder may arise due to several reasons. Distress due to medical condition, environmental affects and situations.

