1. Mood Disorders
   1. Disorders marked by severe mood disturbances
   2. Major Depression
      1. Impairs your ability to function on a day-to-day basis
      2. Symptoms
         1. Deep despair, loss of interests, fatigue, feelings or worthlessness
         2. Difficulty of making decisions, concentrating
         3. Lowers immune system
         4. Age of onset, adolescent, young adulthood, but develops at any time in their lifetime
         5. Women are more likely to suffer from depression
            1. More hormonal changes
            2. Women handle emotional issues differently
            3. Men on average, are more likely to display other traits to mask depression. Alcohol, antisocial, drug abuse
            4. Women are more likely to seek treatment, it could be that men are simply being underreported
            5. Even if true, most researchers still believe that you’re going to find these gender differences.
   3. Theories of depression
      1. Biological Factors
         1. Lower than normal levels of norepinephrine(Another neurotransmitter) and/or serotonin
         2. 20% chance if one twin suffers from depression the other will to if fraternal, 50% for identical
      2. Psychological Factors
         1. Learned helplessness
            1. An expectation of lack of control
         2. Depressive explanatory style
            1. A tendency to attribute bad events to factors that are internal rather than external
            2. Bad – “It’s all my fault”
            3. Good – “Oh, it was just luck.”
            4. Opposite of self-serving bias
         3. Mood Congruent Memory (Why depression is cyclical)
            1. We tend to remember information that is congruent with our current mood
            2. If you’re happy, you think of happiness
            3. If you’re sad, you think of sad things

All this done is making you sadder

* + - * 1. This makes it a vicious downward spiral
        2. Often they act in ways that illicit more rejection

Talking softly

Being more complaining

When given the chance to work with people depressed people chose to work with people who evaluate them negatively

They show a preference of negative feedback

* + - 1. Depressive realism
         1. The sadder but wiser effect
         2. They are sadder about themselves and the world around them but they are wiser because they can evaluate themselves more accurately. Normally people tend to view themselves as “better than average”
  1. Bipolar Disorder
     1. Fluctuations between mania and depression
     2. A lot of energy, high self-esteem, elevated mood, etc
     3. But also, highly distractible behavior, sleeplessness, often reckless, feeling of invincible. More of a danger to themselves or others when in a manic state.
     4. Genetic component, stronger than depression
     5. There are no gender differences, men are just as likely to experience bipolar as women
     6. Symptoms
        1. Start around adolescents, around 20.
        2. Many creative people are thought to be bipolar, writers, poets, artists
        3. They are about 2-3x more likely to develop bipolar disorder than the general population
        4. Often people are very creative and productive when they are in their manic state.
     7. Rx
        1. Mood stabalizers
        2. They prevent you from experiencing your highs and lows, they claim as if they feel if they are in a fog. They feel as if they are almost nothing.
  2. Dysthymia and Cyclothymia
     1. Lower level forms of both depression and bipolar
     2. Dysthymia
        1. Lower level form of depression
        2. Low energy, self-esteem, usually in introverts
     3. Cyclothymia
        1. Lower level form of bipolar
        2. Experience same symptoms, but not nearly as debilitating.
  3. Schizophrenic Disorders
     1. Group of psychotic disorders characterized by a loss of contact with reality, hallucinations, delusions, and bizarre behaviors
     2. 5 different types (not listed) – not all schizophrenics are going to show all the same symptoms.
     3. Overall, not being able to function within the world of reality. Not being able to see the world the same way as we see the world.
     4. Cancer of mental illness and behavior
     5. Little difference between men and women, for some reason men develop/show symptoms Schizophrenia early than women. 18-25ish. Women don’t’ show exhibiting symptoms until mid-20s until 40s. Overall prevalence is the same though between the genders.
     6. Common symptoms
        1. Word salad
           1. Speech doesn’t make that much sense
        2. Selective attention
           1. Our ability to focus on one stream of information and filter everything else out
           2. Information overload, the feel of your “pen” is just as important as a lecture for example
        3. Inappropriate emotional reactions
           1. They may sit with no expression for days on end, completely catatonic (statue still).
           2. They may be highly exaggerated and animated
           3. Laughing at something sad, like a funeral
           4. Crying at a comedy TV show
        4. Delusions vs Hallucinations
           1. Delusions are false beliefs.

Believing something that is not true.

They believe that they can control the weather, are president Obama, etc

* + - * 1. Hallucinations

Mistaken sensory experience

May hear voices that aren’t there

See people who don’t exist

Mostly auditory or visual

People have committed murder because voices told them to do so

Not every murderer are schizophrenic

Andrea Yates drowning children in bathtub

* + - 1. Positive Symptoms
         1. Presence of a symptom (word salad, delusion, hallucinations)
      2. Negative symptoms
         1. Absence of an inappropriate behavior

Someone completely expressionless or catatonic

* + 1. Biological Factors
       1. Family studies reveal a genetic link
       2. Excess of dopamine
          1. Reducing levels of dopamine you can reduce the hallucinations, etc
       3. Drugs that increase dopamine (cocaine) will intensify these symptoms.
          1. Cocaine users will experience schizophrenic like symtoms
       4. There are large areas of the brain that is filled with fluid rather than brain matter
       5. Thalamus is smaller than normal
          1. Directing traffic between your senses and your cortex
          2. Grand central station (Sensory relay station)
          3. This may explain why its hard for them to have selective attention
       6. If the mother has the flu during pregnancy, born through winter and spring months, have an increased chance of getting schizophrenia.
    2. Psychological Factors
       1. People who are around high levels of stress are more likely to develop schizophrenia
       2. Schizophrenic more likely were to have complications at birth, grown up in homes with conflict, likely to be separated from mothers, the assumption is that they don’t have the coping skills to deal with these issues
       3. The combination of having that genetic vulnerability, in combinations, might display schizophrenic behavior.
       4. Low socioeconomic status
          1. They do not know if its because they are poor, or because they are more stressed in a lower socioeconomic level that leads them to schizophrenia