

—*Mood Disorders*

— **What are mood disorders?**

are a group of common psychiatric disorders characterized by disturbances of emotion, person exhibiting mood disorders demonstrate a range of emotion from intense elation to severe depression.

The cause of mood disorders is not fully understood, but an imbalance in brain chemicals (neurotransmitters) is likely to play a role.

Sometimes mood disorders may be related to a medical condition, substance abuse, life events, or other causes.

Definition

- 1) **Depression:** is an emotional state characterized by sadness
- 2) **Mania:** is an emotional state characterized by elation, high optimism, increased energy.
- 3) **Unipolar depression:** is a mood disturbance in which only depression, but no occurrence of mania
- 4) **Bipolar depression:** is a mood disturbance in which the symptoms of mania have occurred at least one time and an episode of depression

The risk factors for mood disorders

- Adolescence
- Alcohol or drug use
- Certain medical conditions such as hypothyroidism (underactive thyroid) or chronic pain
- Certain medications
- Family history of mood disorders
- Female gender
- Isolation from other people
- Personal history of sleep disorders
- Recent traumatic life event such as divorce or death in the family .

Types of depressive disorders

1. ***Major depressive disorder*** : A major depressive episode lasts at least 2 weeks, during which the person experiences a depressed mood or loss of pleasure in nearly all activities

2. ***Dysthymic disorder***: is characterized by at least 2 years of depressed mood for more days than not with some additional, less severe symptoms that do not meet the criteria for a major depressive episode.

Symptoms of Major Depressive Disorder

- Depressed mood
- Anhedonia
- Unintentional weight change of 5% or more in a month
- Change in sleep pattern
- Agitation or psychomotor retardation
- Tiredness
- Worthlessness or guilt inappropriate to the situation (possibly delusional)
- Difficulty thinking, focusing, or making decisions
- Hopelessness, helplessness, and/or suicidal ideation

Nursing Interventions for Depression

- Provide the safety of the client and others.
- Institute suicide precautions if indicated.
- Begin a therapeutic relationship by spending non demanding time with the client.
- Promote completion of activities of daily living by assisting the client only as necessary.
- Establish adequate nutrition and hydration.
- Promote sleep and rest.
- Engage the client in activities.
- Encourage the client to verbalize and describe emotions.
- Work with the client to manage medications and side effects.

Bipolar disorder : is diagnosed when a person's mood cycles between extremes of mania and depression

Mania : is a distinct period during which mood is abnormally and persistently elevated, expansive, or irritable. Typically, this period lasts about 1 week

The manic episode: grandiosity; decreased need for sleep; pressured speech, flight of ideas, psychomotor agitation, and excessive involvement in pleasure-seeking activities.

Some people also exhibit delusions and hallucinations during a manic episode, Need hospitalization

Hypomania : is a period of abnormally and persistently elevated, expansive, or irritable mood lasting 4 days and including three or four of the additional symptoms described earlier, not impair the person's ability to function & not need hospitalization.

Type of Bipolar disorder

- ***Bipolar I disorder*** : one or more manic or mixed episodes usually accompanied by major depressive episodes.
- ***Bipolar II disorder*** : one or more major depressive episodes accompanied by at least one hypo manic episode ***but no*** manic episode.

Typical Symptoms of Mania

- Heightened, grandiose, or agitated mood
- Exaggerated self-esteem
- Sleeplessness
- Pressured speech
- Flight of ideas
- Reduced ability to filter out extraneous stimuli
- Increased number of activities with increased energy
- Using poor judgment

– *Nursing Interventions for Mania*

- Provide for client's physical safety and those around.
- Set limits on client's behavior when needed.
- Remind the client to respect distances between self and others.
- Use short, simple sentences to communicate.
- Clarify the meaning of client's communication.
- Frequently provide finger foods that are high in calories and protein.
- Promote rest and sleep.
- Protect the client's dignity when inappropriate behavior occurs.
- Channel client's need for movement into socially acceptable motor activities.