

Fundamentals of Mental Health Nursing, 3<sup>rd</sup> ed.

**CHAPTER 12**

**MOOD DISORDERS**

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**Mood**

- MOOD = emotions/feelings
- AFFECT = outward expression of a mood
  - Mood and affect should be “congruent” – if patient states he/she feels happy, the affect should include smiles, pleasant tone of voice, calm demeanor, humor, etc.
  - Mood and affect should change appropriately to reflect the current situation

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**Mood**

- People of all age groups, all ethnic groups, and all socioeconomic groups experience mood disorders
- Only approximately 1 out of 3 people with depression seek treatment
- Mood disorders include extreme highs and extreme lows

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**Causes**

- Altered levels of serotonin and/or norepinephrine will have an effect on mood
- Genetics (from studies of twins)
- Gender – approximately twice as many women report feeling depressed (“report” may be an important word!)
- Self-concept may affect mood- MAY HAVE EXAGGERATED SELF-IMPORTANCE
- Loss and grief may affect mood

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- PSYCHOANALYTIC THEORITST – BELIEVE THE CAUSES OF DEPRESSION ARE:
- INEFFECTIVENESS IN ACHIEVING A DEVELOPMENTAL STAGE OF LIFE
- UNRESOLVED ANGER
- SOCIALIZATION BETWEEN BOYS AND GIRLS

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- BIOLOGICAL THEORISTS BELIEVE –
- CHEMICAL IMBALANCES
- GENETIC LINKS ARE CAUSES FOR DEPRESSION
- COGNITIVE THEORIST BELIEVE THE CAUSE IS MALADAPTIVE THINKING – THE WAY A PERSON PERCEIVES EVENTS AND SITUATIONS.
- REVIEW STATS ON PAGE 203.

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**Types**

- Major (unipolar) depression
- Dysthymic depression (dysthymia)
- Bipolar depression (may also be called manic-depressive disorder)
- Involuntional depression (melancholia)
  
- \*Diagnosed by severity and duration of symptoms.

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**Medical Treatment**

- Lithium
- Antidepressants
  - New drugs are being introduced on a frequent basis
- Psychotherapy
- Electroconvulsive therapy (ECT)

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- LIGHT THERAPY HAS BEEN PROVED EFFECTIVE IN SEASONAL AFFECTIVE DISORDER.

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**Nursing Interventions**

- Patience, patience, *patience!!!*
- Monitor lithium levels – monitor for side effects
- Promote honest/therapeutic communication
- Provide consistency in care
- Encourage healthy nutrition
- Encourage appropriate activity

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- PROTECTION FROM SELF-INFLICTED HARM IS ALWAYS A PRIORITY.
- Children may be able to express their feelings more accurately through drawing pictures.
- NURSE LED GROUP SESSIONS ENCOURAGE CLIENTS WITH SIMILAR SYMPTOMS TO COMMUNICATE AND PROBLEM-SOLVE.

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- DURING MANIA EPISODE – ALWAYS REMAIN CALM, ASSIST TO DRESS, TAKE AWAY FROM GROUP QUIETLY AND ESCORT BACK TO ROOM.
- NO NEED TO EXPLAIN INAPPROPRIATE BEHAVIORS DURING MANIA

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