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1. Compare and contrast depression and mania and explain how these are related to unipolar depression and bipolar disorders.

Depression is often used to describe general sadness or unhappiness. It is the low, sad state in which life seems dark and its challenges are overwhelming to a person who is depressed. The loose use of the term confuses a normal mood swing with a clinical syndrome. The reference to depression is not the same as mood swing. Clinical depression can bring severe and long-lasting psychological pain that may intensify as time goes by. Meanwhile, Mania is the state of breathless euphoria or frenzied energy. People suffering from mania tend to sleep less, talk more, talk quickly, become distracted, set impossible goals, engage in dangerous behaviors, express delusions of grandiosity, and take risks. According to Psych Central, in order for it to be clinically significant, a mania episode must last for at least a week. Although depression is not the same as mood swing, it is related to unipolar depression which is a form of mood disorder. Unipolar depression comprises only depression and no history of mania. A person with unipolar depression is in a normal mood when depression is lifted. Whereas, bipolar disorder is characterized by periods of mania that alternate with periods of depression. It is characterized by shifts in emotion that are large, rapid, unexpected, or somehow unusual. Emotions tend to be overwhelming unexpectedly to those with bipolar disorder.