

Chapter 6 Essay Questions

Question 1

Depression (aka major depressive disorder or clinical depression) is serious but also common. Depression affects one's feelings, how they think or can handle daily activities. Depressed individuals have persistent feelings of sadness and hopelessness, and loss of interest. To be diagnosed with depression, symptoms (e.g., feeling exhausted; spending days in bed or on the couch) must be present for approximately 2 weeks.

Unipolar depression is a form of major depression. Unipolar simply indicates a difference between bipolar depression and major depression that represents the phase of moving back and forth between mania and depression.

Mania is the opposite of depression. Mania is a state of abnormal elevated euphoria, energy, and behavior. Mania can be seen in individuals diagnosed with bipolar disorder. To be classified as manic, symptoms must be present for at least 1 week, leading to difficulty in functioning or being hospitalized. Most people say they can tell a person is experiencing manic episodes by their fast speech and/or risky behaviors. During manic episodes, there is a decrease in the persons need for sleep.

Bipolar disorder is more than just mood swings, it's recurrent and often severe, disruptive of normal moods that undermine a person's ability to function, maintain relationships, work, ect.

Question 4

Depressed people experience automatic thoughts, steady thoughts suggesting individuals are inadequate and that their situation is hopeless. Aaron Beck's cognitive triad reviews these automatic negative thoughts as part of the person's belief system. Thinking typically takes on three forms:

- Their experience – e.g., Life is so unfair.
- Themselves – e.g., I can't do anything.

- Their future – e.g., I'll never be good at anything.

Beck developed a theory (cognitive theory) that helps people identify and change their negative assumptions and ways of thinking which can cause them psychological disorders (e.g., depression, bipolar disorder and other mood disorders).

Question 9

Bipolar disorder according to DSM 5 is classified as a brain disorder causing extreme instability in a person's mood, energy, and ability to function. A major difference between Bipolar I (BP-I) and Bipolar II (BP-II) is the intensity of manic episodes. BP-I involves periods of severe mania whereas BP-II involves periods of less severe hypomania.

Question 13

Gender appears to have a significant direct effect on depression.

- Artifact theory – holds women and men are equally prone to depression, yet men tend to mask their depression.
- Body dissatisfaction – women tend to have lower self esteem about their bodies due to cultural suggestions.
- Hormones – can trigger depression in women.
- Lack of control – woman experience more depression in this area due to being the weaker vessel.

Woman also tend to ruminate more than men, still this topic of gender differences in depression is on-going.

Video:

Steven talked about his inability to move forward in life due to his depression. Steven mentioned in the video that his mother committed suicide when he was only 11 years old. This caused him psychological trauma as a child well into his adulthood. Stephen admitted not being able to maintain relationships due to the passing of his mother. Even with medication, Steven has difficulty seeing a way out of his dilemma. He often experiences sadness and lack of energy.