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Psychopathology

Psychopathology Unit 3 Essay

Chapter 6

1. Both Depression and Mania are two different things. Depression is when someone is in a low state in their life. They may feel dark, upset, and can be overwhelmed with challenges in their life. Mania is the opposite of Depression; it is when someone has ecstatic energy. They feel energetic and full of energy. These two types of energy are related to unipolar depression and bipolar disorders. People with unipolar depression suffer from a pattern of depressive disorders. People with Bipolar Disorders have both moments of depression and moments of Mania.

2. Unipolar Depression is depression without having any moments of Euphoria. Various research demonstrates that the Genetic Factors of Unipolar Depression come from research of Family Pedigree, twin, and gene studies to show present if Unipolar Depression is passed down through generations. If Unipolar depression is to be inherited by relatives, the relatives are bound to have a high risk of depression. The Biochemical Factors of unipolar depression consist of norepinephrine and serotonin. Norepinephrine is an abnormal activity that connects to depression and panic disorders. Serotonin is an activity that connects to depression, obsession, and eating

disorders. Both chemicals are said to be linked to unipolar depression. In research, the interaction between norepinephrine and serotonin becomes more influential than any other neurotransmitter. Brain circuits connected to unipolar depression include the prefrontal cortex, hippocampus, amygdala, subequal cingulate, and various other structures. Unlike other brain circuits, during the unipolar depression, there are “hyperactive” or “underactive” circuits that operate with depression.

7. Gender and Depression have different definitions they both have a relationship established. The relationship between gender and depression is associated with various theories and explanations such as the artifact theory, the hormone explanation, the life stress theory, the body dissatisfaction explanation, the lack of control theory, and the rumination theory. The artifact theory shows that both men and women are equally inclined to depression. Depression is mostly found in women more than men as women display such as being upset, crying, and feeling sad. An explanation for women feeling depression is associated with the hormone explanation. The hormone explanation is when hormones change and causes depression in many women. This can occur during puberty, pregnancy, and menopause.

The life stress theory is when women are subjected to more stress than men. Women tend to face an increase in poverty, unskilled jobs, and discrimination more than men. The body dissatisfaction explanation is when women are taught from a young age to maintain a low body weight and have a specific body shape. Women tend to fall into depression with this explanation because they are not satisfied with their weight. The lack-of-control theory shows through research that women are vulnerable to falling into depression because they tend to have less

control over their lives than men. The rumination theory found that women's moods are darker and more vulnerable than men which causes depression.

18. The significant symptoms of depression include feeling sad, miserable, upset, mad, anxious, hopeless, etc. The primary cause of Steve's depression is his trying to get through life. In the video, Steve is not motivated or hopeful for his future. As he lives on with his life he tries to make it through with antidepressant medication continuously not knowing what emotion he will feel for the day.

Chapter 7

23. Suicide in children has increased throughout the years. The rate of child suicide increases to about one hundred thousand between the ages of eleven and fourteen. By the time a child turns fifteen to nineteen the number of teen suicides increases to one hundred thousand deaths. Suicide in children usually occurs when a young child tends to run away from home from criticism, temper tantrums, etc. Attempts of suicide include stabbing, burning, cutting, etc. This can cause the child to be overwhelmed and cause them to commit suicide. Other research has connected child suicides due to the loss of a family member, close friend, or peer. Sometimes it is hard for some children to comprehend what suicide is about and some children are clear in their understanding and wish death upon themselves.

24. Just like children suicide, adolescent suicide is common in adolescents at the age of thirteen. This happens to one hundred thousand teenagers between the ages of fourteen and eighteen in the United States alone. Suicide has become the second cause of death besides accidents for adolescents in the United States. Half of teenage suicide deaths occur due to either

clinical depression, low self-esteem, or less hope. Another half of teenage suicides are caused by anger, emotional distress, or having a drug or alcohol problem. Suicide can also occur due to poor relationships, isolation, victim of bullying, etc.

27. Suicide prevention programs help people of all ages from committing suicide themselves and receive treatment. There are both Suicide prevention programs in the United States and England. The first suicide prevention program in the United States was founded in Los Angeles in 1955 and the first England suicide prevention program was founded in 1953. Although there are hundreds of suicide prevention programs in the United States, people receive treatment through mental health centers, emergency rooms, pastoral counseling, etc. The United States has initiated a twenty-four-suicide hotline for people to receive counseling from a person trained in counseling. The suicide prevention hotline responds to people who are in a crisis in their life whether the individual may be a teenager or an adult.

33. The cause that led to Bernard's suicide was he was battling demons and continuously downing himself because he received low star ratings from his restaurants. He thought that he wasn't good enough in everything that he did. He suffered from depression and hopelessness believing that his problems and his behavior will never change. Bernard's suicide would've been inevitable. All he needed was more motivation for himself and to know he would reach his goals for his restaurant. Forms of therapy that would be useful in treating victims of suicide would be attending a Suicide prevention program or calling the suicide prevention hotline and talking with someone to help people prevent taking their life away.

