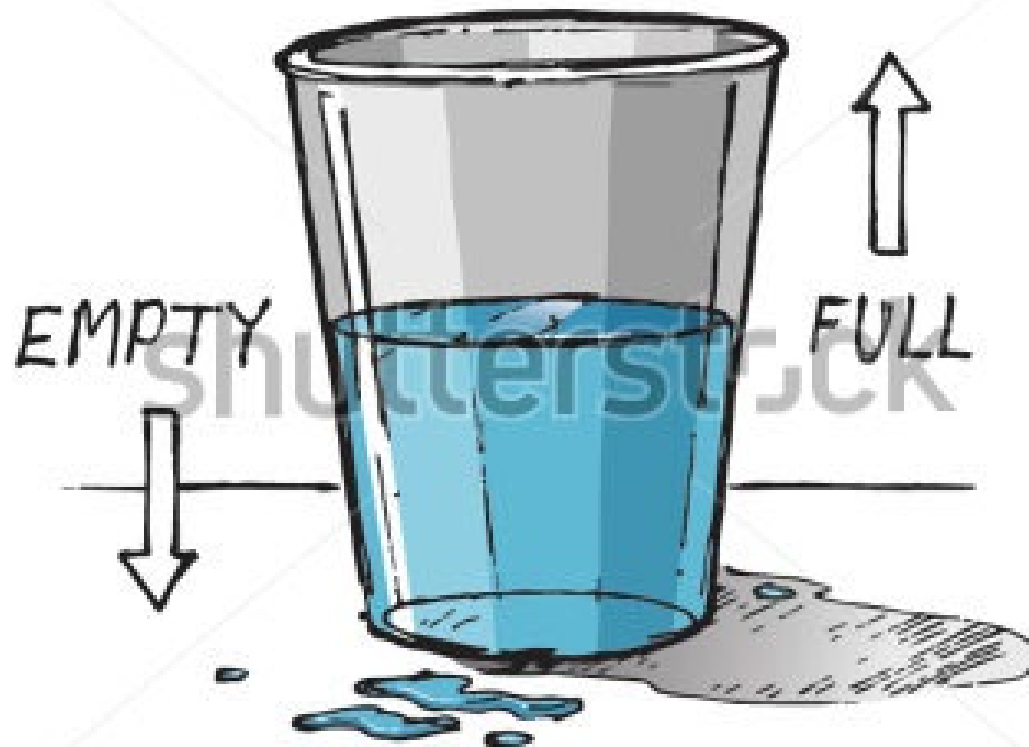


Depression



To discuss and outline the behavioural, emotional and cognitive characteristics of depression

Half Full? Half Empty?



Depression

A mood/ mental disorder characterised by low mood and low energy levels

<http://www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx>

Depression



Major depressive disorder

Sever but short term depression

Persistent depressive disorder

Long term/ recurring depression

Disruptive mood dysregulation disorder

Childhood temper tantrum

Premenstrual dysphoric disorder

Disruption to mood before and/ or during menstruation

Persistent depressive disorder (dysthymia)

Medical condition

Persistent depressive disorder is a chronic (ongoing) type of depression in which a person's moods are regularly low. But, symptoms are not as severe as with major depression. Persistent depressive disorder used to be called dysthymia.

Symptoms

Symptoms of persistent depressive disorder can cause significant impairment and may include:

- Loss of interest in daily activities
- Sadness, emptiness or feeling down
- Hopelessness
- Tiredness and lack of energy
- Low self-esteem, self-criticism or feeling...

Premenstrual dysphoric disorder (PMDD)

While most women with PMS find their symptoms uncomfortable, a small percentage have symptoms severe enough to stop them living their normal lives.

This is the result of a more intense type of PMS known as premenstrual dysphoric disorder (PMDD).

The symptoms of PMDD are similar to those of PMS, but are more exaggerated and often have more psychological symptoms than physical ones.

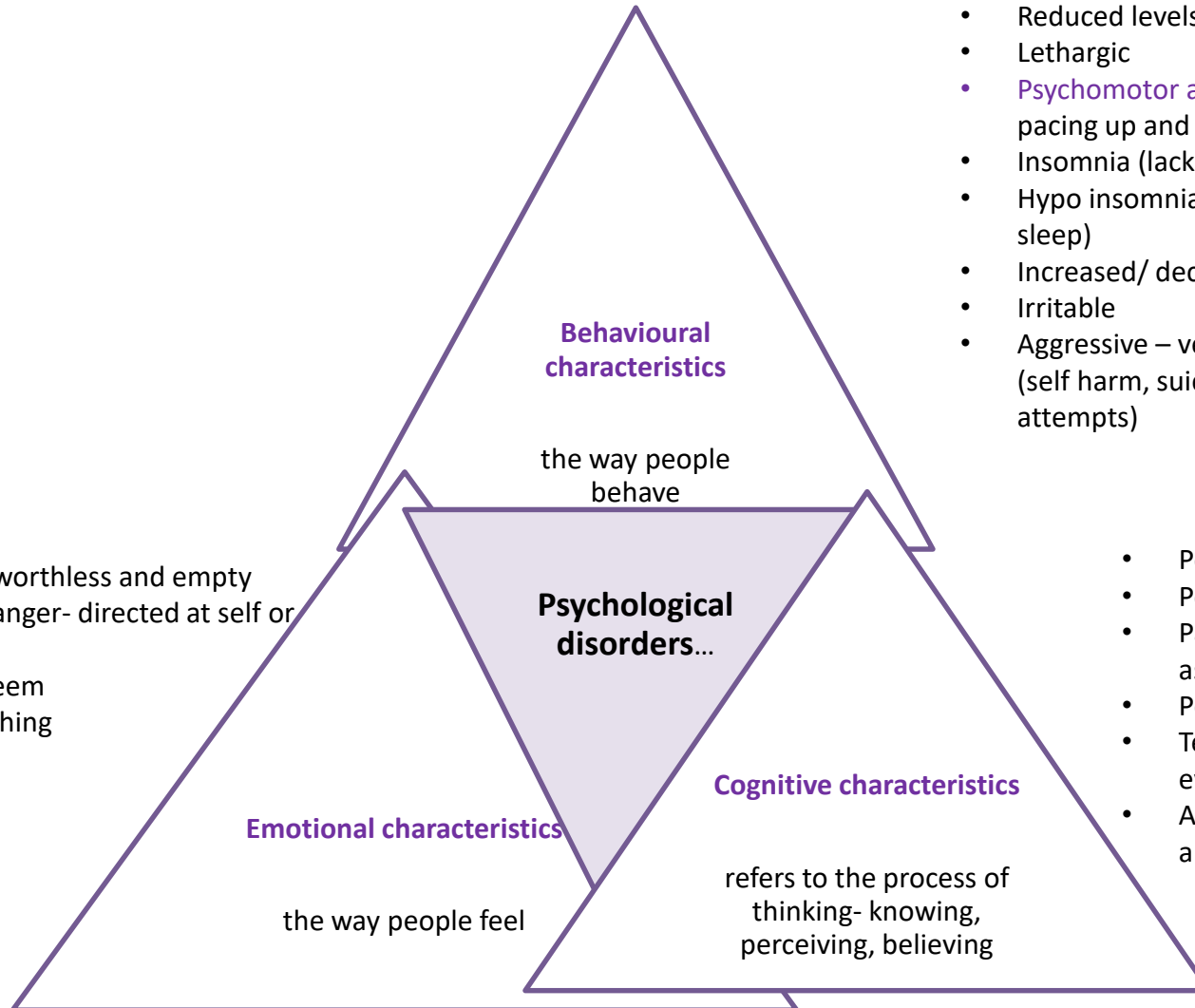
Symptoms can include:

- feelings of hopelessness
- persistent sadness or [depression](#)
- extreme anger and anxiety
- decreased interest in usual activities
- sleeping much more or less than usual
- very low self-esteem
- extreme tension and irritability

As depression is a common symptom of PMDD, it's possible that a woman with PMDD may have thoughts about [suicide](#).

PMDD can be particularly difficult to deal with as it can have a negative effect on your daily life and relationships.

Outline... of depression



- Reduced levels of energy
- Lethargic
- **Psychomotor agitation**- agitated, pacing up and down
- Insomnia (lack of sleep)
- Hypo insomnia (increased need for sleep)
- Increased/ decreased appetite
- Irritable
- Aggressive – verbally/ physically (self harm, suicide, suicide attempts)

- Poor concentration levels
- Poor decision making
- Pay attention to negative aspects of a situation
- Pessimistic
- Tend to recall unhappy events
- Absolutist thinking- black and white thinking

- Feeling of being worthless and empty
- Anger/ extreme anger- directed at self or others
- Reduced self esteem
- Sense of self loathing

Homework

Consolidation cards:

Behavioural, emotional and cognitive characteristics of depression