**Mood/Affective Disorders**

**Types of Mood disorders**

1. **Major depressive disorder-** a person experiences depressed moods; characterized by diminished interest in activities, feelings of worthlessness for at least 2 weeks consistently
2. **Dysthymic disorder-** symptoms are similar to major depression but not as severe; however this disorder could last for over 2 years
3. **Bipolar I disorder-** a person alternates between depression and mania- which is extreme overexcitement and energy
4. **Bipolar II disorder** occurs when depression alternates with hypomania- less severe symptoms of mania compared to manic episodes in Bipolar I
5. **Cyclothymic disorder** is a less severe case of bipolar (similar to dysthymic disorder for depression)
6. **Seasonal Affective Disorder -** episodes of depression that occur at a certain time of the year, usually during winter

**Causes of mood disorders:**

*Heredity*- runs in families

*Brain*- less activity in frontal lobe

*Neurotransmission*- low levels of serotonin, norepinephrine, and dopamine

*Social-cultural factors*- **learned helplessness**- occurs when people have failed multiple times at certain activities and have since learned to give up, or quit trying

*Seasonal Affective disorder*: People who live in places with long winter nights are at greater risk for SAD. A less common form of the disorder involves depression during the summer months.

Other factors that may make SAD more likely include:

Amount of light

Body temperature

Genes

Hormones