

SYMPTOMS OF DEPRESSION, BIPOLAR DISORDER, & SCHIZOAFFECTIVE DISORDER

Depression is the most common mood disorder, affecting approximately 20 million Americans each year. Symptoms of depression include:

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Unexplained aches and pains
- Digestive problems
- Feelings of guilt, worthlessness and/or hopelessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal
- Excessive consumption of alcohol or use of chemical substances, and/or other addictions (e.g., gambling, overeating, eating disorders)
 - *These coping strategies are often associated with Axis II disorders, they are maladaptive (unhealthy) coping mechanisms*
- Recurring thoughts of death or suicide

Bipolar disorder, also known as manic-depression, is another common mood disorder which affects more than two million Americans. Bipolar disorder usually causes a person's mood to alternate between symptoms of depression and **mania**, a heightened energetic state characterized by:

- Increased physical and mental activity and energy
- Heightened mood, exaggerated optimism and self-confidence
- Excessive irritability, aggressive behavior
- Decreased need for sleep without experiencing fatigue
- Grandiose delusions, inflated sense of self-importance
- Racing speech, racing thoughts, flight of ideas
- Impulsiveness, poor judgment, distractibility
- Reckless behavior such as spending sprees, rash business decisions, erratic driving and sexual indiscretions
- In the most severe cases, delusions and hallucinations

Schizoaffective Disorder affects a smaller number of people. It is an illness that, at some time, there is a Major Depressive Episode, a Manic Episode, or a Mixed Episode (mix of manic and depressive symptoms) concurrent with symptoms that *meet Criterion A for Schizophrenia, which are:*

- Delusions
- Hallucinations
- Disorganized speech (derailment from topic or incoherence)
- Grossly disorganized or catatonic behavior
- Negative symptoms (e.g., affective flattening, *alogia**, or *avolition**)
 - **Alogia*: difficulty in holding a fluent conversation. Poverty of speech, in which there is a general lack of additional or unprompted content seen in normal speech.

Example of alogia	
Alogia	Normal speech
Q: <i>Do you have any children?</i> A: Yes. Q: <i>How many?</i> A: Two. Q: <i>How old are they?</i> A: Six and sixteen. Q: <i>Are they boys or girls?</i> A: One is a boy, the other is a girl. Q: <i>Who is the sixteen year old?</i> A: The boy. Q: <i>What is his name?</i> A: Edmond. Q: <i>And the girl's?</i> A: Alice.	Q: <i>Do you have any children?</i> A: Yes, a boy and a girl. Q: <i>How old are they?</i> A: Edmond is sixteen and Alice is 6.

- **Avolition*: is a psychological state characterized by general lack of desire, motivation, and persistence. Commonly seen in patients with schizophrenia, those suffering from avolition will not start or complete any major tasks. This differs from anhedonia, where patients generally find pleasure in task completion.