

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

