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Depression: Proper Diagnosis and Treatment Options

Definition of Mental Disorder

A mental disorder is a condition characterized by dysfunction in thought, behavior, and mood, which usually causes distress. The condition should not be primarily a result of social deviance or conflict with society.

Bi-Polar Disorder 1 & II

Duration one-week minimum

Manic and Hypomanic:

- Grandiosity
- Decreased sleep
- Talkative
- Flight of ideas
- Distractability
- Excessive energy
- Excessive activity and ideas with negative consequences

Depressive Disorders Highlights

- Disruptive Mood Dysregulation Disorder- (formerly Bi-Polar children)
- Dysthymia Disorder- Less severe depression with two-year duration.
- Premenstrual Dysphoric Disorder- (New in DSM-5) Five of eleven symptoms during final week before menses that are absent week after menses. They are sadness, lability, irritability, decreased activities, lack of energy, appetite changes, hypersomnia or insomnia, feeling out of control, and physical symptoms. (occurs in 2% of females)
- Major Depressive Disorder- Five or more of the following: depressed mood, diminished interest, insomnia or hypersomnia, psychomotor agitation, fatigue, worthless feeling, poor concentration, recurrent thoughts of death, suicidal ideation.

Co-Morbidity

- Depression and Alcoholism
- Depression and Post Traumatic Stress Disorder
- Depression and Anxiety Disorders
- Depression and physical ailments: obesity, diabetes, chronic obstructive pulmonary disease (COPD)