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# Schizophrenia and Mood Disorders

# What is Schizophrenia?

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- ⦿ Problem of cognition
- ⦿ 1% in general population, odds increase if there is incidence in family
- ⦿ Thoughts are disturbed
- ⦿ Loss of contact with reality
- ⦿ Life is like a “dream” with schizophrenia

# Symptoms of Schizophrenia

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- Delusions—false beliefs maintained with contrary evidence
- Hallucinations—perceptions in the absence of stimuli
- Incoherence—decline in thought process
- Word salad—random, loosely associated speech
- Disturbed affect—inappropriate emotions
- Catatonia—holding strange poses
- Diverted attention—inability to focus (cognitive floodin?)

# Types of Schizophrenia

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- Paranoid—ideas of persecution, spying
- Catatonic—maintaining poses
- Disorganized—language, emotions, behaviour, delusions, hallucinations
- Undifferentiated—basic symptoms (deterioration in functioning, delusions and hallucinations)
- Remission—mild symptoms or symptoms temporarily at bay (not due to drugs)

# Causes of Schizophrenia

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- Biological—Genetics (1% in general population, 10% in family, 48% in twins)
- Physiology—decrease in dopamine
- Family and interactions—pathogenic family can contribute to problems
- Diathesis-stress model—genetic disposition coupled with environmental factors

# Mood Disorders

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- Chronic
- Prevent daily functioning
- Strain relationships
- Prevent personal growth

# Bipolar Disorder

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- ◉ Manic-depressive
- ◉ Mania—extreme elation, racing thoughts, gross sense of self-esteem, irresponsible behaviour (spending life savings, selling the house), seem to be in touch with reality
- ◉ Depressive stage—feelings of failure, sinfulness, worthlessness, despair, lethargy, unresponsive
- ◉ Alternations can be acute or much longer

# Major Depressive Disorder

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- ◉ 2 weeks or more feeling depressed, sad, anxious, fatigued, agitated
- ◉ Reduced ability to function
- ◉ Uneasiness, apathy
- ◉ Problems with eating, sleeping, concentrating, decision making, no energy
- ◉ May be suicidal



# Seasonal Affective Disorder

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- ◉ Deep depression during winter months
- ◉ Sleep and eat excessively during winter
- ◉ Symptoms lift in spring, return in fall
- ◉ May be caused by increased levels of melatonin in blood in winter