

What Are Mood Disorders?

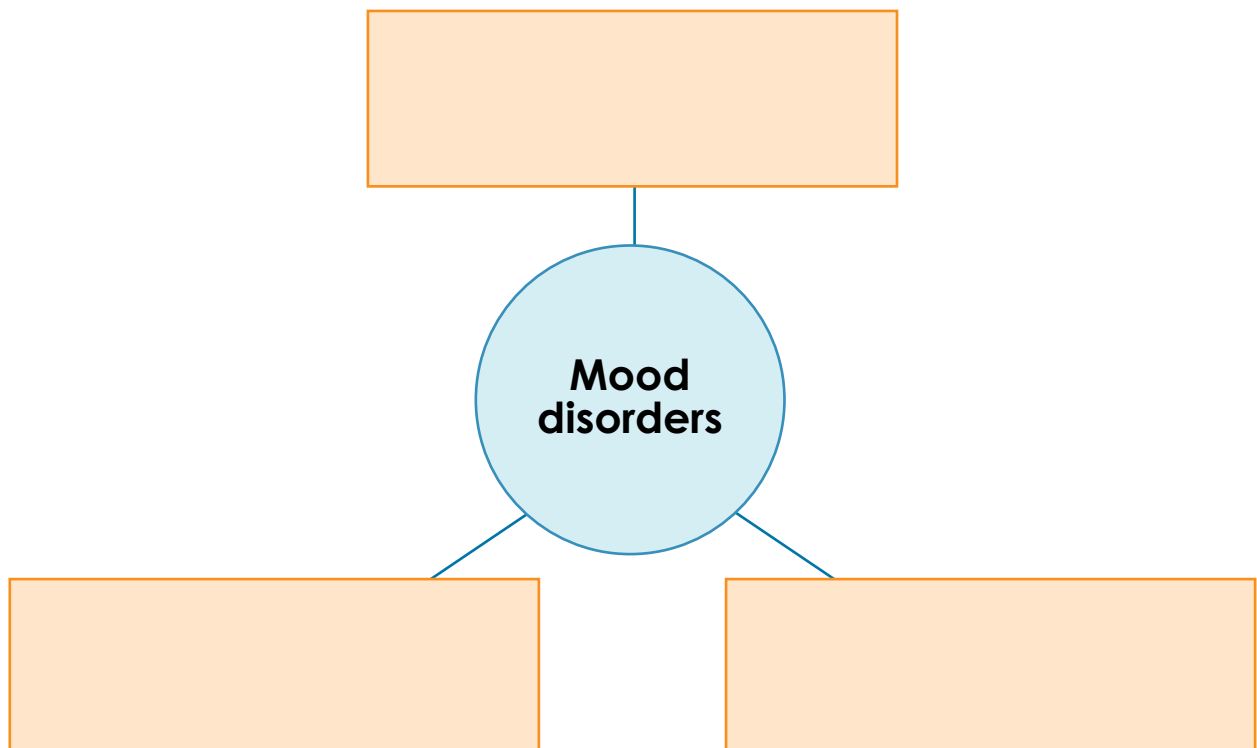
1. Explain what a mood disorder is:

Mood disorder:

2. Provide three examples of mood disorders.

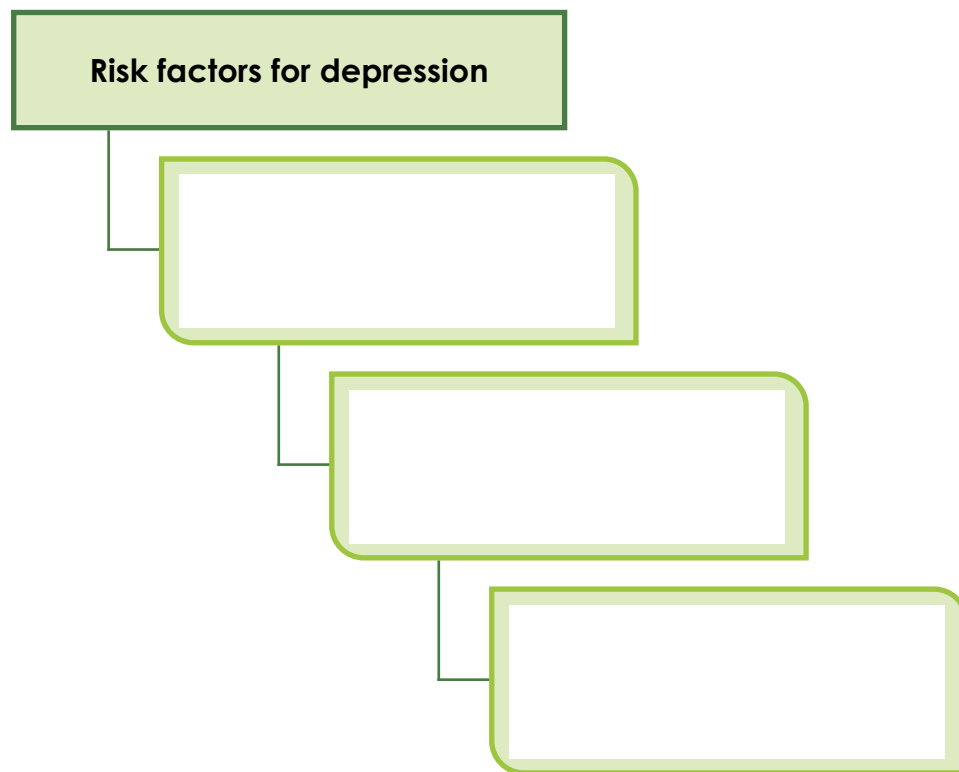
Causes of Mood Disorders

3. Identify three different causes of mood disorders.



Understanding Depression

4. Major or clinical _____ is a common but serious mood disorder.
5. It _____ the way you feel; think; and handle daily activities, such as your schoolwork, sleeping, relationships, and eating.
6. Anyone can become depressed, but _____ are slightly more likely than _____ to become depressed.
7. In 2018, _____ percent of teenagers suffered from major depression. That number increased to _____ percent in 2021.
8. Depression is the _____ common mental health disorder among teens.
9. Use the following graphic to fill in the risk factors for depression.



10. Identify four symptoms of depression.

1. _____
2. _____
3. _____
4. _____

Specific Types of Depression

11. Identify the specific type of depression in the following blank lines.

_____ disorder: Ongoing major depression that lasts for two years or longer.

_____ depression: Feelings of extreme sadness, anxiety, and exhaustion during pregnancy or after birth. Can severely impact the mother's ability to complete daily caretaking of herself and the child.

_____ depression: Severe depression with false beliefs (delusions) or hearing or seeing things that don't exist (hallucinations).

_____ disorder: Depression during the winter months or in areas where there is less natural sunlight. Typically leads to social withdrawal, increased sleep, and weight gain. Typically returns every year.

_____ disorder: Episodes of extremely low moods that meet the criteria for major depression (called bipolar depression) mixed with extreme high moods.

_____ dysregulation disorder: Irritable or angry mood most of the day, nearly every day. Severe temper outbursts (verbal or behavioral) at least three times per week. Trouble functioning in multiple settings (school, home, etc.) due to irritability.

Depression and Health Conditions

12. When a person is dealing with a major depression, they often struggle to take care of their _____.
13. As a result, people who are suffering from depression can also develop other chronic illnesses, such as high blood pressure, or common illnesses, such as colds and flu, _____.
14. Depression can also happen because a person is dealing with a serious _____ illness (diabetes, cancer, etc.).
15. Once a person becomes depressed, it can make the symptoms of their disease _____. In this way, depression and chronic illnesses become a cycle, each making the other worse.

Sadness Versus Depression

16. Sadness is different from depression. Sadness is a _____ human emotion that we feel as a result of a situation or event.
17. When we are sad, we can still carry out normal daily tasks and are generally able to recognize that things will get _____.
18. It is _____ to feel sad when a situation is difficult.
19. Sadness can last for several _____ or even up to two _____.
20. Depression is different from sadness because it is a _____ that a person is in. When someone is depressed, they aren't able to engage in normal daily activities, and they feel hopeless and often don't see a way out.

Self-Care and Depression

21. Identify five self-care activities that can help manage a mood disorder like depression.

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____