

# Psychiatry

## Week 1:

Mood disorders (mc group of mental disorders) – altered mood is the/a core feature

- **Diagnosis:** ICD- 11 (International Classification of Disease 11<sup>th</sup> Edition WHO), DSM-5 (Diagnostic and Statistical Manual of Mental Disorders 5th Edition APA)

### ❖ **Depression** – form of sadness, leading cause of disability

#### ➤ **Symptoms (ICD- 11):**

- ✓ low mood/reduced interest/pleasure most of the day, nearly every day for at least 2wks
- ✓ Sleep problems
- ✓ Interest deficit
- ✓ Guilt, worthlessness, hopelessness, regret
- ✓ Energy deficit, fatigue
- ✓ Concentration deficit
- ✓ Appetite disorder (increase/decrease)
- ✓ Psychomotor retardation/agitation
- ✓ Suicidality

#### 1. **Mild:**

- ✓ individual is distressed by symptoms to a mild extent
- ✓ some difficulty in functioning
- ✓ no delusions/hallucinations
- ✓ managed @ GP level

#### 2. **Moderate:**

- ✓ several/large no. of depressive symptoms present to a marked/lesser degree
- ✓ considerable difficulty in functioning
- ✓ managed @ psychiatric outpatient clinic

#### 3. **Severe:**

- ✓ most/small no. depressive symptoms present to a marked/intense degree
- ✓ serious difficulty in functioning
- ✓ w/ or w/o psychosis
- ✓ often needs inpatient admission

#### ➤ **Post-natal Depression:**

- In **10-15%**, often within a **couple of months**, 1/3 persists
- 75% experience 'blues' within **2wks**, increased risk of psychiatry admission **30 days** after childbirth
- No assoc. w/ hormonal changes so far (ongoing research)
- **Differential diagnosis:** normal, seasonal affective disorder, dysthymia, cyclothymia, bipolar, stroke/tumour/dementia, hypo/hyperthyroidism, infection, drugs

#### ➤ **Treatment:** Antidepressants (SSRIs, SNRIs, tricyclic TCAs, monoamine oxidase inhibitors MAOIs, Mirtazapine), Antipsychotic, mood stabiliser, CBT, IPT, individual dynamic psychotherapy, severe ECT, TMS, Psychosurgery, ketamine

### ❖ **Mania** – extreme mood (euphoria/irritability/increased energy) state lasting at least 1wk unless shortened by treatment, delusions can be present, **Hypomania** – less severe, w/o psychosis

#### ➤ **Symptoms:**

- ✓ Distractibility
- ✓ Impulsively, poor judgment, spending sprees, reckless driving

# Basic Notes In Psychiatry

**J Spring**



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