

Psychiatry

Week 1:

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

- **Diagnosis:** ICD- 11 (International Classification of Disease 11th 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

Michael Levi



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The American Journal of Psychiatry ,1923

Core Collection of Medical Books and Journals 2001 Howard Hague,2000

National Library of Medicine Current Catalog National Library of Medicine (U.S.),1990

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Archives of Neurology and Psychiatry from the Pathological Laboratory of the London County Asylums, Clabury, Essex Frederick Walker Mott, 1911

Archives of Neurology and Psychiatry from the Pathological Laboratory of the London County Asylums, Claybury, Essex, 1911

Readings in Existential Psychology & Psychiatry Keith Hoeller, 1990

Transactions, 1895

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