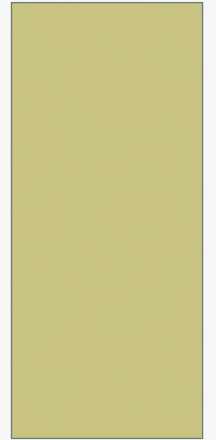


# A QUICK APPROACH TO MOOD DISORDERS

THOMAS L. DILLON, M.D.



# DR. EMIL KRAEPELIN

1856-1926



- Psychiatry should be a true medical specialty
- Severe disorders (psychoses) of two types
  - Manic-depressive illness (bipolar disorder)
  - Dementia praecox (schizophrenia)

# PAST HISTORY IS CRITICAL

To differentiate  
between severe  
psychiatric disorders,  
look beyond current  
presentation.

# CHRONOLOGICAL (PAST) HISTORY

Is this...

- A recurrent disorder with good remission between episodes?
- Or a chronic deteriorating condition?



# SEVERE PSYCHIATRIC DISORDERS

Manic-  
depressive  
illness

- (Bipolar disorder)
- Highly episodic with periods of remission in between episodes

Dementia  
praecox

- (Schizophrenia)
- More chronic or deteriorating (no periods of remission)

# ~~Chronic deteriorating condition~~

Is mood disorder

- Unipolar?
- Bipolar?

# FAMILY HISTORY

**Some mood disorders  
run in families  
(especially Bipolar)**



# SCREENING INSTRUMENTS FOR BIPOLAR

- Mood disorder questionnaire (MDQ)
- Bipolar spectrum diagnostic scale (BSDS)
- Hypomanic checklist (HCL-32)



## LIKELY BIPOLAR

- Many depressive episodes
  - Even with no history of “highs”
- Oversleeping instead of undersleeping
- One episode of a “high” is sufficient for Bipolar diagnosis

# BIPOLAR TREATMENT “PEARLS”

- Avoid antidepressant monotherapy (increases mood cycling)
- Watch for mixed state (high/low at the same time)
- Watch for “rapid cycling”
  - more than four mood swings in a year
  - Depakote preferred over lithium for this
- Watch for intolerable highs
  - even in Bipolar II the hypomania may cause intolerable irritability, money spending, sexual indiscretions, other poor judgment

# BIPOLAR DEPRESSION DRUGS ("FLOOR" DRUGS)

- Lamictal (lamotrigine)
- Lithium carbonate
- Second-generation neuroleptics
- Antidepressants

## BIPOLAR MANIA DRUGS ("CEILING" DRUGS)

- Lithium carbonate
- Depakote/divalproex
- Tegretol/Trileptal
- Second-generation neuroleptics

# UNIPOLAR DEPRESSION DRUGS

- SSRIs (Prozac)
- SNRIs (Effexor)
- Other antidepressants
  - Wellbutrin
  - Tricyclics (Anafranil)
  - MAOIs (Nardil)
  - Viibryd
  - Serzone
  - Remeron

# UNIPOLAR DEPRESSION DRUGS

- Augmentation agents
  - Second antidepressant
  - Thyroid (Synthroid, Cytomel)
  - Second-generation neuroleptics
  - Lithium carbonate
  - Lamictal

# UNIPOLAR TREATMENT “PEARLS”

- Strive for complete remission of depression
  - As evidenced by normalized psychometrics
  - Resumption of all previous hobbies and activities
- Complete remission promotes better patient functioning and minimizes relapse/recurrence risk

# PATIENT EXPECTATIONS

- To increase favorable outcomes of proposed treatment:
  - Patient education
  - Patient agreement (“buy in”) of proposed treatment



# ANXIETY DISORDERS

- Diagnostic issues
- Treatments
  - Serotonergic antidepressants
    - SSRIs
    - SNRIs
    - Tertiary tricyclics (Anafranil)
    - MAOIs
- Precautions/limitations of benzodiazepines