

Journal -

- Pick one personality disorder that we discussed in class and describe the impact it could have on a high school student.

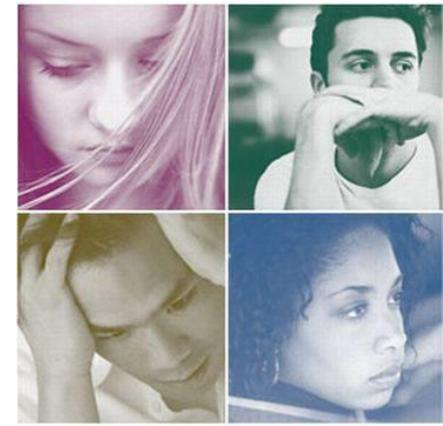
Major Depressive Disorder



- Unhappy for at least two weeks with no apparent cause.
- A.K.A. unipolar depression
- Depression is the common cold of psychological disorders. - what does this mean?
- Why does it happen? Slows us down, diffuses aggression, restrains risk-taking, etc.

Major Depression

- Symptoms of major depression:
 - Lethargy
 - Feelings of worthlessness
 - Loss of interest in friends/family/activities
 - Problems eating or sleeping
 - Thoughts of suicide
- Depression is the #1 reason people seek mental health services



Depression Example

- **Norman, a Canadian college professor, recalling his depression:**

“I despaired of ever being human again. I honestly felt subhuman, lower than the lowest vermin. Furthermore, I was self-deprecatory and could not understand why anyone would want to associate with me, let alone love me... I was positive that I was a fraud and a phony and that I didn’t deserve my Ph.D. I didn’t deserve to have tenure; I didn’t deserve to be a Full Professor... I didn’t deserve the research grants I had been awarded; I couldn’t understand how I had written books and journal articles... I must have conned a lot of people.”

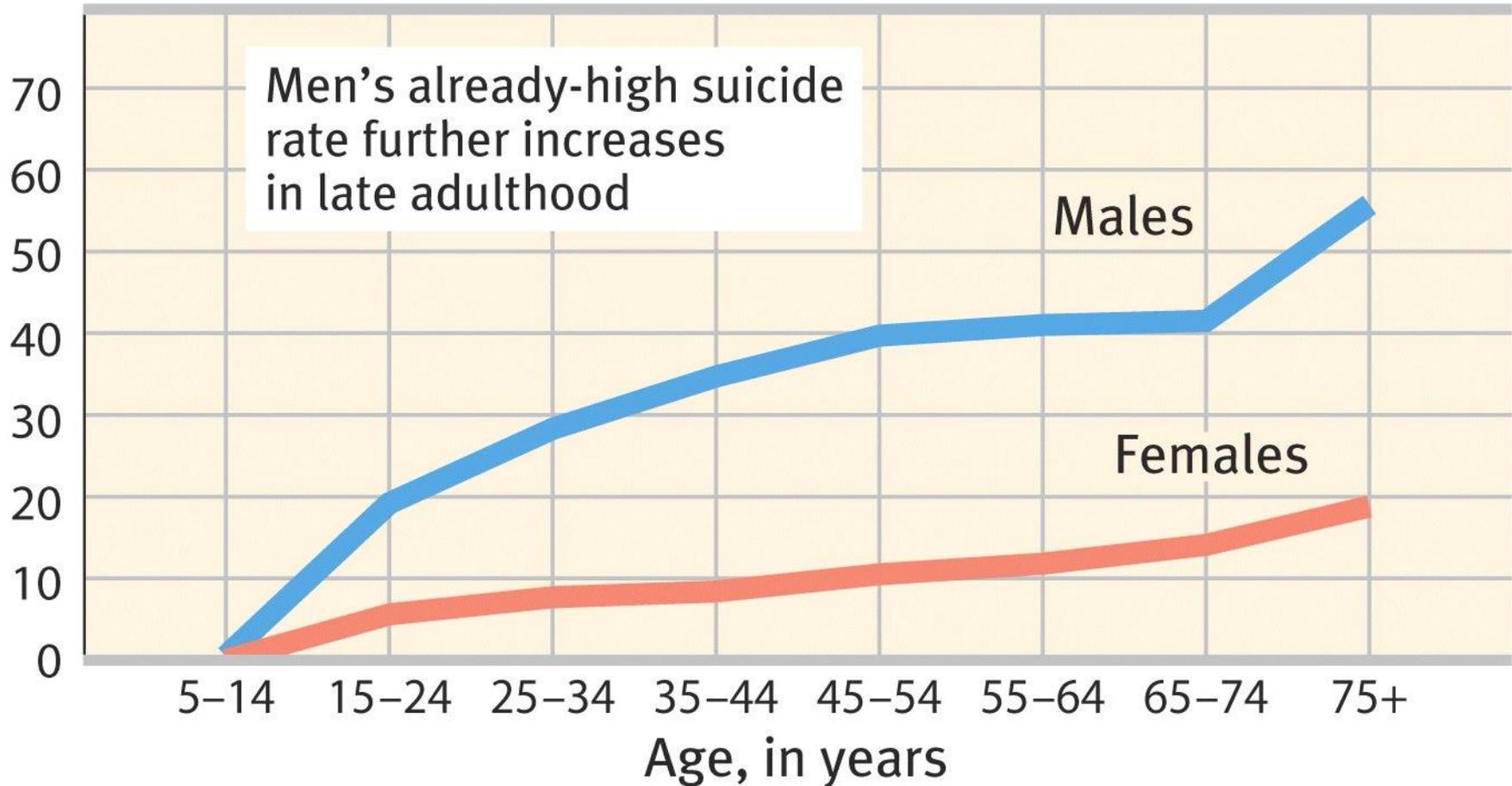
Explanations for Depression



- Alcohol abuse increases risk
- Genetic influence
 - If identical twin has Major Depression, you are 50% likely to have it (compared to 20% if you have a fraternal twin)
- Low amount of neurotransmitters
 - Serotonin and Norepinephrine
 - Mood/arousal boosters
- Social/Cognitive differences
 - People with depression tend to blame themselves and have a negative explanatory style

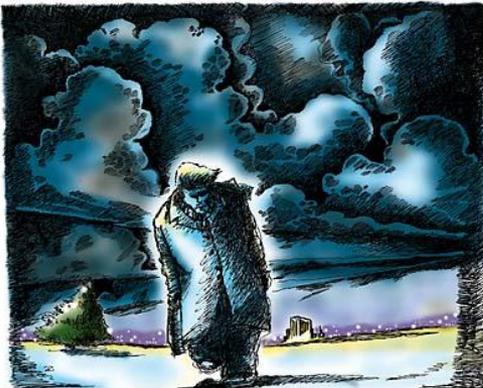
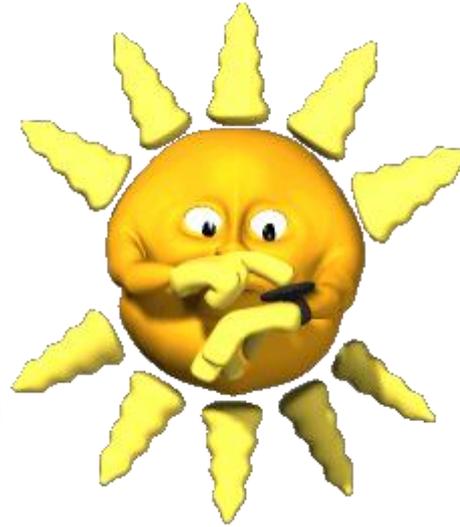
Mood Disorders- Suicide

Suicides per 100,000 people (1998)



Seasonal Affective Disorder (SAD)

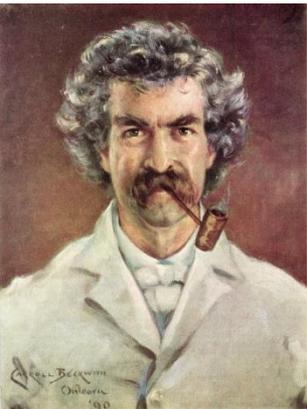
- Experience depression during the winter months.
- Based not on temperature, but on amount of sunlight.
- Treated with light therapy.



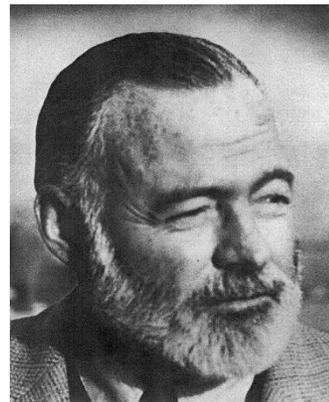
Bipolar Disorder



- Formally manic depression.
- Involves alternating periods of depression and mania.
- Manic episodes involve feelings of high energy (but they tend to differ a lot...some get confident and some get irritable).
- Engage in risky behavior during the manic episode.



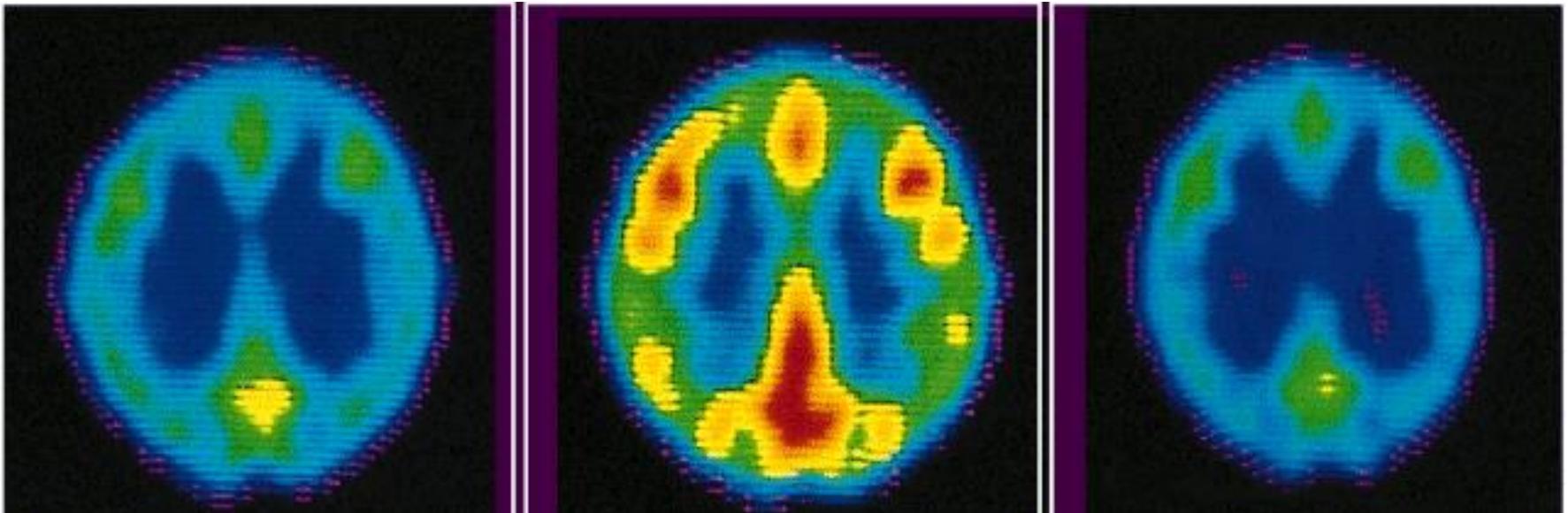
Mark
Twain



Ernest
Hemingway

Mood Disorders-Bipolar

- PET scans show that brain energy consumption rises and falls with emotional switches



Depressed state

Manic state

Depressed state

Class Work Assignment

- **Select one of the personality disorders discussed in class and describe what life would be like if you were assigned to be roommates with that person during college.** You should include the following:
 - an accurate description of the characteristics of the personality disorder
 - reasonable applications of the impact of those characteristics on a post-high school lifestyle
 - an explanation of the advantages and disadvantages of living with such a person
 - how you would adjust to living with this individual peacefully