

TOPIC 8: Psychological Problems

IT'S OKAY TO
NOT BE OKAY



LI: What is depression?

Starter

1. Mental health problems have two main effects. What are they?

2. What type of problem is 'Damaged Relationships'?

3. What type of problem is 'Increased crime rates'?

4. What type of problem is 'Negative impact of physical well being' such as weight loss?

5. What type of problem is 'The need for more social care'?

6. Mental health is a person's e _____ and p _____
w ____-b _____.

TOPIC 8: Psychological Problems

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NOT BE OKAY



LI: What is depression?

Starter

1. Mental health problems have two main effects. What are they?

Individual effects, Social effects

2. What type of problem is 'Damaged Relationships'?

Individual

3. What type of problem is 'Increased crime rates'?

Social

4. What type of problem is 'Negative impact of physical well being' such as weight loss?

Individual

5. What type of problem is 'The need for more social care'?

Social

6. Mental health is a person's e _____ and p _____
w ___-b _____.

Emotional, psychological, well-being

In this Power Point:

You Must:

- Learn the difference between sadness, unipolar depression and bipolar depression
- Be able to give definitions of these three key terms
- Be able to give a list of symptoms (or identify symptoms) for unipolar depression.

Look at the following symptoms:

Are they symptoms of unipolar depression, bipolar depression, sadness, or more than one or none of them?

Reduced energy levels

Increased confidence

Increased physical activity

Decreased self-confidence

Thoughts of suicide

Elevated mood

Talking more

Changes in sleep patterns

Feelings of guilt

Changes in appetite

Reduced concentration

Low mood

Risk-taking

Mood swings

The answer is that they can all be symptoms of all of them!

Are they symptoms of unipolar depression, bipolar depression, sadness, or more than one or none of them?

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Low mood

Risk-taking

Mood swings

So, what do you think is the difference between being sad and being depressed?

Learning Intentions

4/5 (All) – Explain the difference between unipolar depression, bipolar depression and sadness.

6/7 (Most) – Identify the symptoms of depression in a diagnosis.

8/9 (Some) – Discuss some issues with diagnosing mental health problems.

Low

High

What is your initial confidence towards the LIs?

Academic Vocabulary: What is depression?

<https://www.youtube.com/watch?v=z-IR48Mb3W0> - Watch me first.

What is the difference between unipolar, bipolar and sadness?

Unipolar depression

A mood disorder that causes a person to feel **constantly** sad, lose interest and enjoyment and to have reduced energy levels.

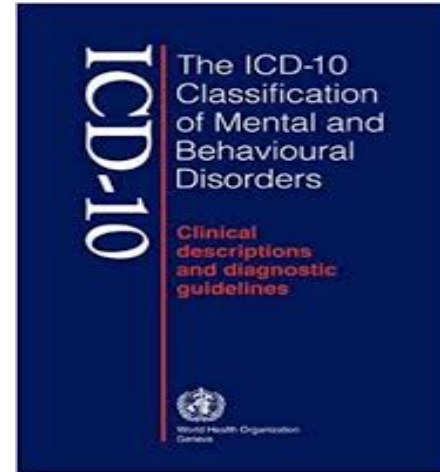
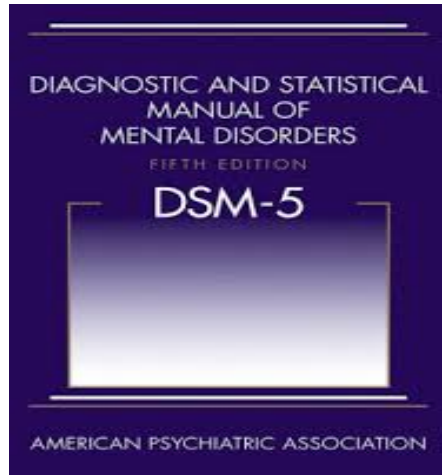
Bipolar depression

A mood disorder that causes a person's mood, activity levels and energy to change from one extreme to another.

Sadness

A normal emotional response to something unpleasant, painful or unhappy.

Diagnosing Unipolar Depression



Many doctors and psychiatrists have agreed upon a set of symptoms for mental health problems. They can be found in these two books (left = UK; right = US).

When does a person have depression?

We must be very careful when studying mental health problems. This is because lots of people apply the symptoms to themselves and start to think they have the condition when they don't! With the current conditions in the world, it is more likely than ever that symptoms will resound with individuals.

All I can say is that you must make sure you continue to find little ways to do things that make you happy during lockdown to raise your spirits. It is not going to last forever. 😊

On the next slide, we look at the symptoms for unipolar depression as this is the one we get tested on in the exam.

Diagnosing Unipolar Depression

1. **Low mood**
2. **Loss of interest and pleasure**
3. **Reduced energy levels**
4. Changes in sleep patterns
5. Changes in appetite levels
6. Decrease in self-confidence
7. Reduced concentration/attention
8. Feelings of guilt/worthlessness
9. Negative thoughts about the future
10. Self-harm/suicidal thoughts

The top 3 are the key symptoms.

Diagnosing

5 or 6 symptoms = moderate depression

7 or more symptoms = severe depression

For a diagnosis, the symptoms need to be present all the time and should persist for longer than two weeks.

Unipolar Depression vs Bipolar Depression

The key difference that you must know is:

- People with bipolar have low moods and high moods (known as mania), with increased energy and feelings of extreme excitement, whereas people with unipolar depression just have low moods.

Task 1

Ensure that you have made some notes on the academic vocabulary, where the diagnosis symptoms are found (books) and what the key symptoms of unipolar depression are.

Make sure that you watched the video on depression. It is a very difficult thing to describe to someone else, which is why this person calls it the 'Black Dog'. A metaphor that really helps explain the mental health problem.

Task 2: Diagnosing a Patient



For today, you are employed as a psychiatrist for ‘Sharpe and Co.’

You have a patient with severe unipolar depression.

Your job is to write up a diagnosis form with a detailed breakdown of their symptoms and behaviours that you have identified. (Form available)

E.g. don’t just write they have a ‘low mood’. Add narrative by saying something like ‘usually the centre of attention in the office, Mike has hid himself away lately showing signs of a low mood.’

Challenge:

What problems might there be when diagnosing mental health problems?

Task 3: Exam Questions

1. Explain the differences between unipolar depression and bipolar depression. (3)

2. Jane cries a lot and often can't be bothered to get out of bed as she sleeps so much. She thinks that she is a bad person and so doesn't see her friends anymore.

What is the difference between sadness and unipolar depression? Refer to Jane in your answer. (4)

Task 4: Exam Questions from Real Exams

Suggest **two** changes in behaviour often seen in people who are diagnosed with unipolar depression.

[2 marks]

Task 4: Exam Questions from Real Exams

Explain **one** difference between unipolar depression and bipolar depression.

[1 mark]

Task 4: Exam Questions from Real Exams

1 4 . 1

Imagine you are a doctor with concerns about a patient.

Use your knowledge of unipolar depression to complete the following letter asking for a place for Patient A on a cognitive behaviour therapy course (CBT).

[3 marks]

To whom it may concern

I would like Patient A to have a place on your next CBT course. I have diagnosed Patient A with unipolar depression because they have the following **three** symptoms:

1 _____

2 _____

3 _____

Yours sincerely

Dr J Bloggs

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Low

High

What is your new confidence towards the LIs?

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Consolidation:

Look at the unipolar depression symptoms again.

Explain why it is so difficult to diagnose someone with depression. (Think about day-to-day emotions).

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2. **Loss of interest and pleasure**
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