

# Mood disorders in children and adolescents

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# Definition

- ⊙ Mood, affect
- ⊙ An intense feeling-state, passions.
- ⊙ Episodes of emotions of high intensity with a given course, intense expressiveness, intense subjective feeling

# Affective disturbances

- ◉ Alterations in mood or affect
- ◉ Subjective perception
- ◉ Objective expression
- ◉ States between poles: hate and love, anguish and jubilation, rage and indifference

# Mood disorders..

## Dimensional disorders

- ◉ Mania

- ◉ Hypomania

- ◉ Depression: deep sadness, inhibition of psychic events (Jaspers)

  - Melancholia

# ICD 10

- ⦿ Depressive episodes
- ⦿ Recurrent depressive disorder
- ⦿ Manic episodes
- ⦿ Affective bipolar disorder
- ⦿ Longstanding affective disorder  
(dysthymia)



# DSM IV TR

- ⊙ Depressive disorders. Major depression and dysthymia
- ⊙ Bipolar disorders. Bipolar I, II , Cyclothymic disorder
- ⊙ Substance induced affective dis.
- ⊙ Depressive disorder NOS (premenstrual dysphoria, minor depression, post psychotic, etc.)

# DSM IV criteria for children

- ⦿ Irritability
- ⦿ Failure to gain weight
- ⦿ Combined alteration of emotions and social behavior (ICD 10)

# Children

- ⊙ Hard to separate, anxiety states from depression
- ⊙ Often combination of alterations
- ⊙ Construct " Negative affectivity" (Rutter 1991)



# Mania

- ⊙ Agitation, frenzy, obsession:
- ⊙ One specific behavior (monomania, Esquirol)
- ⊙ Abnormal excitability, as in manic depressive states

# Mania

- ⊙ Abnormal facilitation of the course of representations and alteration in the central inhibition of actions, or agitation" (Kraepelin)
- ⊙ Abnormal , excessive joyful mood, euphoria which quickly transforms into anger and rage (Bleuler)

# Mania ICD 10

- ⊙ Mood elevation, increased expressiveness,
- ⊙ Increased speed of somatic and psychic activity
- ⊙ Mood is excessive to the situation
- ⊙ Oscillates between uninhibited exhilaration and agitation: overactivity,
- ⊙ Loquacity, little need for sleep. One week.

# Prevalence Mania and bipolar disorders

- ◎ Life prevalence 1.2 to 3.1% (Regier, Kessler)
- ◎ Cyclothymia 0.4%
- ◎ 18 to 24 yr old. Mania 0.6-1% (Robins, 14-16 yr old. 0.6%)  
Prevalence may be increasing

# Prevalence

- ◎ 20-40% of adults say their bipolar disorder started in childhood (Lish, 1994)
- ◎ Danish study. 1.2% (1970/1986), population study of manic depressive psychosis (Thomsen, 1992)



# Clinical symptoms. Depression infancy

- ⦿ Increased crying
- ⦿ Diminished expressiveness
- ⦿ Increased irritability
- ⦿ Altered eating behavior
- ⦿ Lack of interest in play

# Clinical symptoms. Depression. Preschooler

- ⊙ Seems sad
- ⊙ Psychomotor inhibition
- ⊙ Anguish, phobias
- ⊙ Diminished appetite
- ⊙ Sleep disturbance
- ⊙ Introversiveness, aggressiveness

# Clinical symptoms. Depression. School age

- ⦿ Reports feeling sad
- ⦿ Psychomotor retardation
- ⦿ Anxiety about the future, anguish
- ⦿ Diminished appetite
- ⦿ Sleep disturbance
- ⦿ Suicidal thoughts

# Clinical symptoms. Depression. Adolescent

- ⊙ Diminished self confidence, doubts himself
- ⊙ Apathy, lack of interest, concentration problems
- ⊙ Lability of mood
- ⊙ Psychosomatic complaints, loss of weight
- ⊙ Sleep disturbance, insomnia
- ⊙ Circadian oscillations in mood
- ⊙ suicidality

# Clinical manifestations.

## Mania. School age child

- ⊙ Under 9 years old:
- ⊙ Irritability
- ⊙ Emotional lability
- ⊙ Hyperactivity
- ⊙ Sleep disturbance
- ⊙ Alteration in concentration
- ⊙ Loquacity
- ⊙ Excessive sexualization
- ⊙ Separation anxiety
- ⊙ Enuresis and nightmares



# Clinical manifestations. Mania. School age child

- ⦿ Over 9 years old
- ⦿ Euphoria
- ⦿ Paranoia
- ⦿ Ideas of grandeur
- ⦿ Elevation in mood

# Clinical manifestations.

## Mania. School age child

- ⊙ In adolescent
- ⊙ Increased mood
- ⊙ Loquacity
- ⊙ Flight of ideas
- ⊙ Insomnia
- ⊙ Odd behavior
- ⊙ Odd clothing
- ⊙ Increased risk taking behavior
- ⊙ Delusions and hallucinations