Mood disorders in children and adolescents

M Maldonado
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 sats
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
- Introversion, 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