**Mood disorders: (pg. 542)**

1) What are the three types of mood disorders? (hint - two fall under the Major depressive disorder column)

2) When does a “normal” depressive reaction cross into a major depressive disorder? How do therapists make that distinction?

3) What are the symptoms and characteristics that must be present for one to be considered as having a major depressive disorder?

4) What are the two types of episodes that occur within those who have Bipolar disorder? What are some typical things that happen during these episodes?

5) What are the two biological factors that play a part in causing mood disorders?

6) What Social & cognitive factors have Psychologists identified as having a role in contributing to mood disorders?

Assignment:

Using (<http://www.bipolarlab.com/index.php?option=com_content&view=category&id=21&Itemid=77>) as a guide, write a two day journal entry from the perspective of a fictional character that is bi-polar. One day should have the perspective of a manic episode, while the other will be a depressive episode. Each day should correspond to at least 5 of the manic/depressive symptoms as outlined on the website.