

Abnormal psychology and life: a dimensional approach



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depressive disorder (bipolar) depression or mania becomes so severe it interferes with daily functioning major depressive episode person experiences sad or empty moods most of the day, nearly everyday; involves a period of time, 2 weeks or longer

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Order Now major depressive disorder (major or unipolar depression) mental disorder often marked by multiple major depressive episodes persistent depressive disorder (dysthymia) a chronic feeling of depression for at least 2 years manic episode period during which highly euphoric or irritable hypomanic episode period during which a person experiences manic symptoms but without significant interference in daily functioning bipolar I disorder (manic-depression) a mental disorder marked by one or more manic episodes bipolar II disorder a mental disorder marked by episodes of hypomania that alternate with episodes of major depression cyclothymic disorder mental disorder marked by fluctuating symptoms of hypomania and depression for at least 2 years suicide the act of killing oneself cognitive distortions irrational, inaccurate thoughts that people have about environmental events negative cognitive triad cognitive distortions involving the self, world, and the future automatic thoughts cognitive distortions of the negative cognitive triad that are constantly repeated and often associated with depression hopelessness theory theory of depression that people are more likely to become more depressed if they make global, internal, and stable attribution about negative life events learned helplessness theory related to depression that people act in a helpless, passive fashion upon learning their actions have little effect on their overall environment expressed emotion family

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interactions characterized by high levels of emotional over-involvement, hostility, and criticism hopelessness a feeling of despair often related to severe depression and suicide tricyclic antidepressants an antidepressant medication that affects different neurotransmitter systems and often comes with many side effects monoamine oxidase inhibitors (MAOIs) an antidepressant drug that inhibits monoamine oxidase, which breaks down neurotransmitters, to increase levels of those neurotransmitters mood-stabilizing drugs medications used to help people control rapid shifts in mood electroconvulsive therapy procedure in which an electrical current is introduced to the brain to produce a seizure to alleviate severe depression repetitive transcranial magnetic stimulation procedure to treat depressive and bipolar disorders that involves rapidly changing magnetic fields