

Multiple Choice Practice

Session 2

Answer questions **1-4** which are based on the reading passage below.

Mood Disorders

Mood disorders occur when emotions disturb the thinking process and social relationships of an individual to a greater extent. These are mostly episodic in nature. Mood disorders are broken down into two types: Depressive disorder and bipolar disorder. To diagnose the individual with major depression, he or she should go through a major depressive episode. Mostly, a person who is extremely depressed does not commit suicide rather than they create a plan to commit suicide. It was noted that more women suffer from depressive disorder than men. There are also other types of depression which share the same symptoms such as Dysthymic Disorder, Seasonal affective disorder, Psychotic major depression.

A person who is affected by bipolar disorder experiences great mood swings between depression and mania. Some of the symptoms of bipolar disorders are: Feeling irritable, Being extremely energetic, Feeling high, Speaking in a fast manner. There are several types of bipolar disorder such as Bipolar I Disorder, Bipolar II Disorder. In bipolar I disorder, manic episodes and depressive episodes last at least for seven days. In bipolar II disorder, episodes of hypomania and depression are not as severe.

Choose the correct letter, A, B, C or D.

1. The nature of Mood disorders is

- A. Permanent
- B. Episodic
- C. Temporary
- D. None of the above

2. How many subtypes are there in mood disorders?

- A. Five
- B. Seven
- C. Two
- D. Four

3. An individual who is affected by bipolar disorder experiences a mood swing between depression

- A. Happiness
- B. Mania
- C. Sadness
- D. Hatred

4. In bipolar I disorder, manic episodes and depressive episodes last at least for

- A. Four days
- B. Two days
- C. Five days
- D. Seven days