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Course essentials

Course title : Mood disturbance

Short description

This course breaks down the causes behind the mood disturbance disorders, their symptoms and types, helping others understand how to treat these syndroms, the mindset and the psychological strength as well we need to overcome the intensity of this mental disease : tranforming the lifestyle and confort zone

By the end of this course, learners will be able to :

- 1-Define the scientific explanation of mood disturbance
- 2- Determinate types of mood disturbance
- 3- Undertand Depression : Risk factors, syndrom, treatment
- 4- Elaborate Bipolarity : Risk factors, syndrom, treatment
- 5- List comorbidities with depression and bipolarity

Curriculum outline

Module 1 : Scientific explanation of mood disturbance

Lesson 1.1 : Definition and theory of mood disturbance

Lesson 1.3 : Viciuos circle of mood disturbance

Module 2 : Types of mood disturbance

Lesson 2.1 : Some types of mood disturbance

Lesson 2.2 : Cyclothymia syndrom

Lesson 2.3 : Causes of mood disturbance

Module 3 : Discussing depression

Lesson 3.1 : Types of depression

Lesson 3.2 : Symptoms of major depressive disorders

Lesson 3.3 : Risk factors of depression

Lesson 3.3 : Treatment of depression

Module 4 : Discussing bipolarity

Lesson 4.1: Depressive and mania symptoms of bipolarity

Lesson 4.2 : Risk factors

Lesson 4.3 : Treatment of bipolarity

Module 5 : Comorbidities of mood disturbance

Lesson 5.1 : Comorbidities with depression

Lesson 5.2 : Comorbidities with bipolarity