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978-1-009-00911-9 — Stahl's Illustrated Treatments for Mood Disorders
Stephen M. Stahl , Sabrina K. Segal
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Stahl's Illustrated

Treatments for Mood Disorders

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PREFACE

These books are designed to be fun, with all concepts illustrated by full-color images and the text serving as a supplement to figures, images, and tables. The visual learner will find that this book makes psychopharmacological concepts easy to master, while the non-visual learner may enjoy a shortened text version of complex psychopharmacological concepts. Each chapter builds upon previous chapters, synthesizing information from basic biology and diagnostics to building treatment plans and dealing with complications and comorbidities.

Novices may want to approach this book by first looking through all the graphics, gaining a feel for the visual vocabulary on which our psychopharmacological concepts rely. After this once-over glance, we suggest going back through the book to incorporate the images with supporting text. Learning from visual concepts and textual supplements should reinforce one another, providing you with solid conceptual understanding at each step along the way.

Readers more familiar with these topics should find that going back and forth between images and text provides an interaction with which to vividly conceptualize complex psychopharmacology. You may find yourself using this book frequently to refresh your psychopharmacological knowledge. And you will hopefully refer your colleagues to this desk reference.

This book is intended as a conceptual overview of different topics; we provide you with a visual-based language to incorporate the rules of psychopharmacology at the expense of discussing the exceptions to these rules. The References section at the end gives you a good start for more in-depth learning about particular concepts presented here. *Stahl's Essential Psychopharmacology* and *Stahl's Essential Psychopharmacology: The Prescriber's Guide* can be helpful supplementary tools for more in-depth information on particular topics in this book. You can also search topics in psychopharmacology on the Neuroscience Education Institute's website (www.neiglobal.com) for lectures, courses, slides, and related articles.

Whether you are a novice or an experienced psychopharmacologist, this book will hopefully lead you to think critically about the complexities involved in psychiatric disorders and their treatments.

Best wishes for your educational journey into the fascinating field of psychopharmacology!

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Released: September 1, 2022
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Target Audience: This activity has been developed for the entire healthcare team specializing in mental health and includes education for nurse practitioners, physicians, psychologists, physician assistants, pharmacists, and social workers. All other mental healthcare team members interested in psychopharmacology are welcome for advanced study.

Learning Objectives: After completing this activity, you should be better able to:

- Identify the neurobiology of malfunctioning circuits that underlie the spectrum of mood disorder symptoms
- Implement evidence-based treatments that target malfunctioning neurocircuitry in mood disorders
- Recognize novel therapeutic approaches and pharmacological targets in development for the treatment of mood disorders

Accreditation: In support of improving patient care, Neuroscience Education Institute (NEI) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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Peer Review: The content was peer-reviewed by a PhD with a background in neuropharmacology and mood disorders to ensure the scientific accuracy and medical relevance of information presented and its independence from bias. NEI takes responsibility for the content, quality, and scientific integrity of this CME activity.

Disclosures: All individuals in a position to influence or control content are required to disclose all relevant financial relationships. Potential conflicts were identified and mitigated prior to the activity being planned, developed, or presented.

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Introduction

Mood disorders involve symptoms that extend far beyond disruption of mood, rendering them challenging to diagnose, monitor, and treat. An estimated 21.4% of adults in the United States experience a mood disorder at some point in their lives (Kessler et al., 2007). Annually, an estimated 21 million (8.4%) Americans are diagnosed with major depressive disorder (MDD), and an estimated 7 million (2.8%) are diagnosed with bipolar disorder (BP) (SAMHSA, 2021). The classic perspective of mood disorders has been to view mood symptoms of mania and depression as distinct and opposite "poles." As our understanding of mood disorders expands, it is becoming increasingly apparent that mood disorders exist along a continuum or spectrum and do not operate as distinct "poles." This has important implications for clinical management and treatment of mood disorders.

In the following pages, we will describe the spectrum of symptoms included in mood disorders, the neurocircuitry that underlies those symptoms, and the evidence-based therapeutic targets for the treatment of those symptoms. We will also address best practices for early screening/detection and long-term management/treatment of mood disorders. Chapters 1–2 describe the neurobiological models and neurocircuitry that underlie various mood disorders and how malfunctioning circuits are connected to symptoms. Chapters 3–4 describe the mechanisms that underlie evidence-based treatments and how they can improve neurocircuitry in mood disorders, even in treatment resistance. Chapters 5–6 examine advancements in the development of novel evidence-based pharmacological treatments, and the use of nonpharmacological methods as adjunctive treatments or standalone treatments for depressive disorders.

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