

UNPACKING “BIPOLAR DISORDER”: MAJOR DEPRESSIVE EPISODE

The first component of “Bipolar Disorder” is that termed “Major Depressive Episode”. Following are the descriptions offered by the DSM-IV-TR (left) as well as biblical terms that more accurately target the heart issues (right).

DSM-IV-TR Criteria for “Major Depressive Episode”	Biblical Explanation for “Major Depressive Episode”
<ol style="list-style-type: none"> 1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (feels sad or empty) or observations made by others. 2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day. 3. Significant weight loss when not dieting or substantial weight gain. 4. Insomnia or hypersomnia nearly everyday. 5. Fatigue or loss of energy every day. 6. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day. 7. Diminished ability to think or concentrate, or indecisiveness, nearly everyday. 8. Recurrent thoughts of death...recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan of attempting suicide 	<p>Following are biblical descriptors that more accurately describe the spiritual issues that foster behavior and thinking:</p> <ul style="list-style-type: none"> • Depression • Hopelessness • Worry • Selfishness • Double-Minded • Misplaced Trust • Pride • Depravity/Sin • Grief • Idolatry such as: <ul style="list-style-type: none"> ✓ Peace at all Cost ✓ Significance ✓ Symptom Relief ✓ Security ✓ Control

American Psychiatric Association: *Diagnostic and statistical manual of mental disorders*, Fourth Edition, Text Revision. Washington, D.C.: American Psychiatric Association, 2000.