

Unpacking the brain and mood disorders: An empirical and theoretical review of the brain, theory, and mood disorders

Introduction

This project explores the anatomical makeup of the brain and how a person's env. may potentially induce a predisposed disorder.

The Brain

The limbic system

- A group of systems that regulate behavior & emotion

HPA Axis

- Key player in how one mediates stress
- Regulates responses to stress

Theory

Bioecological Model

- Env. systems that influence human development & potential onset for disorders
- Complex person env. interactions influence behavior & well being

Diathesis Stress

- Diathesis = Predisposition for a disorder
- Stress triggers the diathesis
- Some are more likely to develop a disorder

Those who are most negatively affected by stressful situations are also some of the ones who are most benefited when in positive ones. It is critical to understand how:

1. **The brain regulates mood and emotion**
2. **The environment may induce mental health disorders**

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Theory Continued

Differential Susceptibility

- Some people are more strongly influenced by both negative & positive environments
- Phenotypic temperamental characteristics, endophenotypic attributes, & specific genes determines a person's susceptibility
- A person's susceptibility then interacts with one's env. to shape well-being

Mood disorders

Depression

- Continuous feelings of sadness & hopelessness
- Some are predisposed to view the world more negatively

Schizophrenia

- Interpret reality abnormally
- For both mood disorders above, when a person's diatheses engages with their env. systems, the limbic system & HPA axis determine how the individual will respond to stress. Thus, determining one's susceptibility for how they will respond to their env. & if a disorder will occur.

Summary

- It's important to know how the brain interacts with the env. to influence the development of mental health disorders

