

Iowa's Center of Excellence for Behavioral Health

Behavioral Health 101: Mood & Anxiety Disorders

EXPLORING DEPRESSIVE, BIPOLAR, AND ANXIETY DISORDERS

January 7, 2026

CHANGING MEDICINE.
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Training Disclaimer

This training is hosted by Iowa's Center of Excellence for Behavioral Health (CEBH). While Iowa CEBH is partly sponsored by the Iowa Department of Health and Human Services (Iowa HHS), please note that the views, opinions, and content shared in today's training are those of our trainers and do not necessarily reflect the views, opinions, or policies of Iowa HHS.

Behavioral Health 101 Training Series

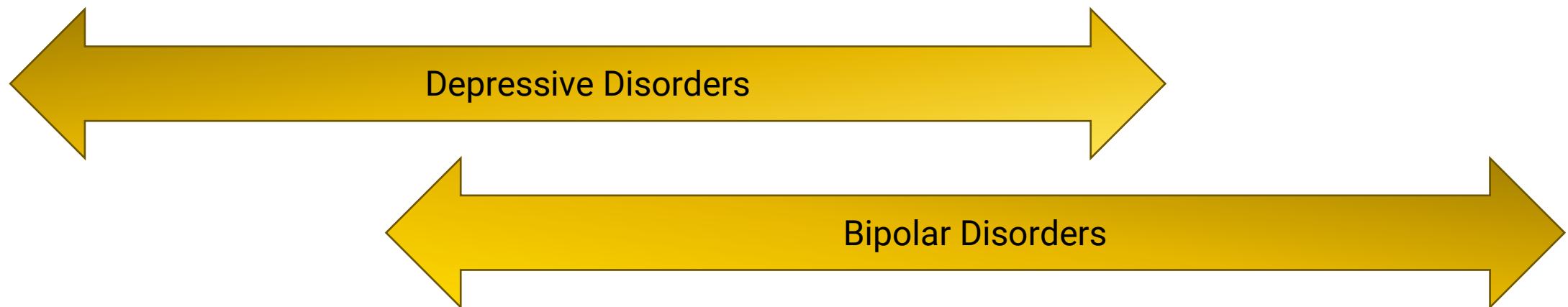
1. Mood & Anxiety Disorders
2. Schizophrenia Spectrum and Related Psychotic Disorders
3. Trauma & Stressor-Related Disorders
4. Neurodevelopmental Disorders

Today's Objectives

- Describe common depressive, bipolar and anxiety disorders.
- Defend why early identification matters.
- Outline the prevalence and impact of depressive, bipolar, and anxiety disorders.

What Are Mood Disorders?

Disorders characterized by significant disturbances in a person's emotional state



Elements of a Diagnosis

- Mild
- Moderate
- Severe
- Profound
- With psychotic features
- With Catatonia
- With mixed features
- With atypical features
- With anxious distress
- First episode, acute episode or partial or full remission
- Multiple episode, acute episode or partial or full remission
- Early onset
- Late onset
- In partial remission
- In full remission
- Unspecified

Depressive Disorders

**Disruptive Mood Dysregulation
Disorder**

**Substance/Medication-Induced
Depressive Disorder**

**Major Depressive Disorder, Single
and Recurrent Episodes**

**Depressive Disorder Due to
Another Medical Condition**

Persistent Depressive Disorder

**Other Specified Depressive
Disorder**

Premenstrual Dysphoric Disorder

Unspecified Depressive Disorder

Major Depressive Disorder (MDD)

Symptoms & Signs

AT LEAST ONE:

- Depressed mood (sad, empty, hopeless)
- Diminished interested or pleasure

AT LEAST FOUR:

- Significant weight loss or gain
- Insomnia or hypersomnia
- Agitation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Decreased concentration
- Recurrent thoughts of death

NOTES

- Symptoms occur almost every day, for 2 consecutive weeks
- Symptoms cause significant distress or impairment of functioning
- Never had a manic episode or hypomanic episode

Persistent Depressive Disorder (PDD)

Symptoms & Signs

MUST HAVE:

- Depressed mood (sad, empty, hopeless) for at least 2 years

AT LEAST TWO:

- Poor appetite or overeating
- Insomnia or hypersomnia
- Fatigue or loss of energy
- Feelings of hopelessness
- Decreased concentration

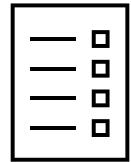
NOTES

- Symptoms of MDD present for 2 years
- Symptoms have not gone away for more than 2 months at a time
- Symptoms cause significant distress or impairment of functioning
- Never had a manic episode or hypomanic episode

Depression does not have one face



Supporting individuals with depressive disorders



Breaking down steps/goals



Increased check-ins



Be a part of their safety plan



Counter “all-or-nothing” thinking

Bipolar and Related Disorders

Bipolar I Disorder

Bipolar and Related Disorder Due to Another Medical Condition

Bipolar II Disorder

Other Specified Bipolar and Related Disorder

Cyclothymic Disorder

Unspecified Bipolar and Related Disorder

Substance/Medication-Induced Bipolar and Related Disorder

Comparing Episode Criteria

Manic Episode

Increased energy/activity

At least 1 week

AT LEAST THREE:

- Increase in goal-directed activity
- Decreased need for sleep
- More talkative than usual
- Flight of ideas or racing thoughts

Hypomanic Episode

Increased energy/activity

At least 4 days, less than 1 week

- Distractibility
- Inflated self-esteem or grandiosity
- Excessive involvement in activities that have a high potential for painful consequences

Major Depressive Episode

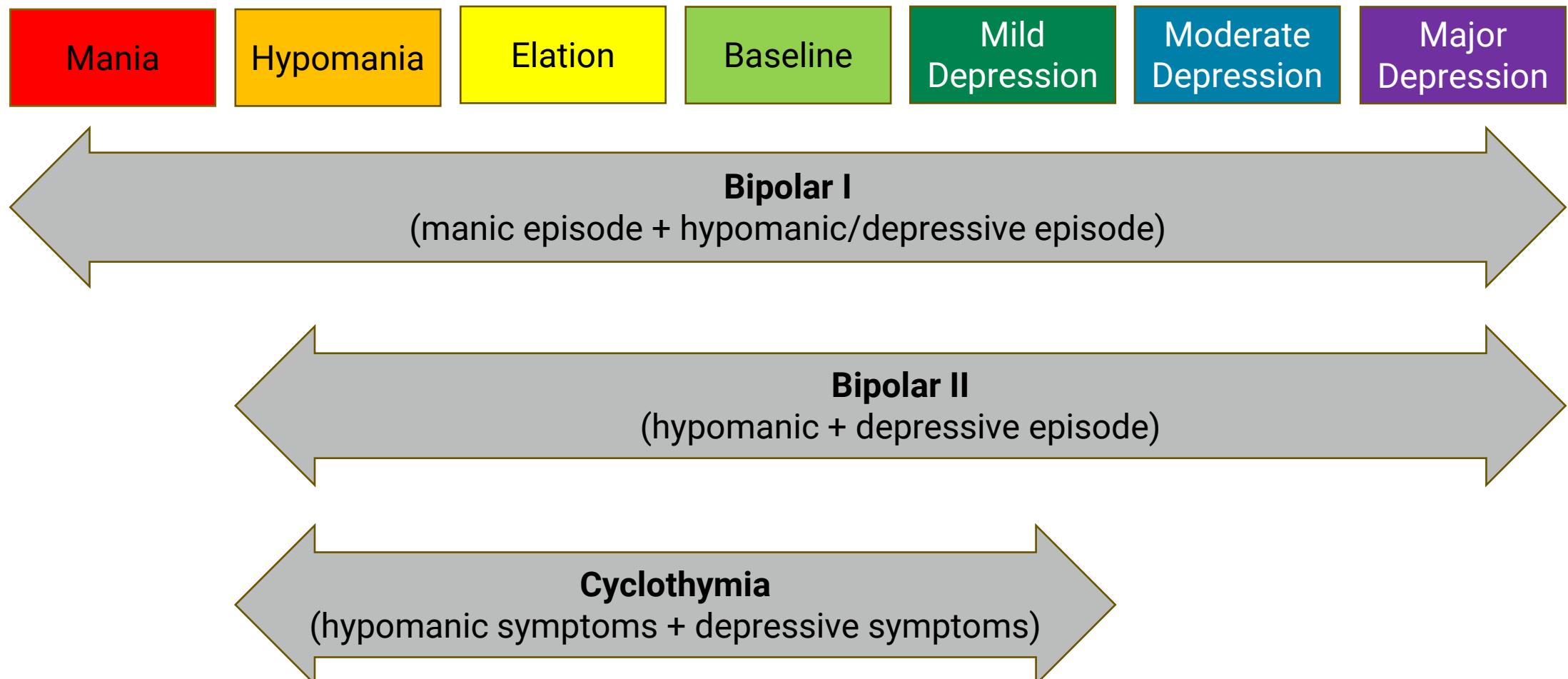
Decreased energy/activity

2-week+ period

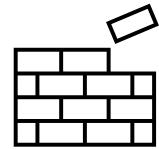
AT LEAST ONE:

- Depressed mood (sad, empty, hopeless)
- Diminished interested or pleasure

Range of Bipolar Disorders



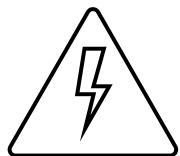
Supporting individuals with bipolar disorders



Establish routines (consistency > intensity)



Identify natural supports or support system



Recognize early warning signs, create intervention plans



Support medication or treatment plan adherence

Anxiety Disorders

Specific Phobia

Agoraphobia

Panic Disorder

Panic Attack (Specifier)

Anxiety Disorder Due to Another Medical Condition

Selective Mutism

Social Anxiety Disorder

Generalized Anxiety Disorder

Other Specified Anxiety Disorder

Unspecified Anxiety Disorder

Substance/Medication-Induced Anxiety Disorder

Separation Anxiety Disorder

Generalized Anxiety Disorder

Symptoms & Signs

MUST:

- Excessive worry occurring more days than not for at least 6 months

AND:

- Difficulty controlling the worry

AT LEAST THREE:

- Restlessness or feeling keyed up or on edge.
- Being easily fatigued.
- Difficulty concentrating or mind going blank.
- Irritability.
- Muscle tension.
- Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

Panic Disorder

Panic Attack Symptoms & Signs

AT LEAST FOUR:

- Pounding heart, increased rate.
- Sweating.
- Trembling or shaking.
- Sensations of shortness of breath
- Feelings of choking.
- Chest pain or discomfort.
- Nausea or abdominal distress.
- Feeling dizzy, light-headed, or faint.
- Chills or heat sensations.
- Numbness or tingling
- Out of touch from reality or self.
- Fear of losing control or “going crazy.”
- Fear of dying.

Panic Disorder Criteria

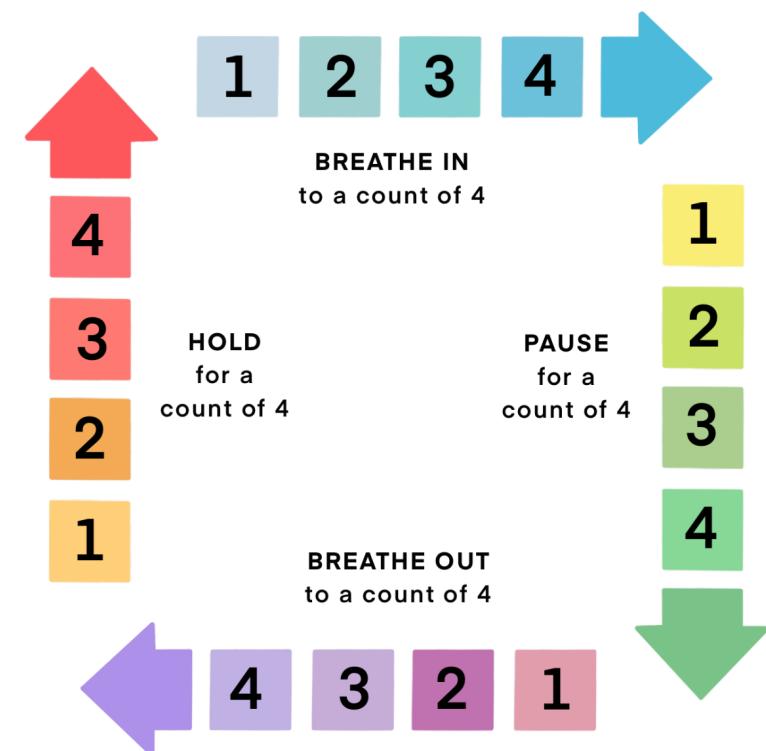
At least one of the attacks has been followed by 1 month (or more) of one or both of the following:

- Persistent concern or worry about additional panic attacks or their consequences
- A significant maladaptive change in behavior related to the attacks

Supporting individuals with anxiety disorders

- Awareness of triggers
- Walk through grounding/breathing techniques
- Establish written/visual plans/steps
- Assess accommodations when accessible

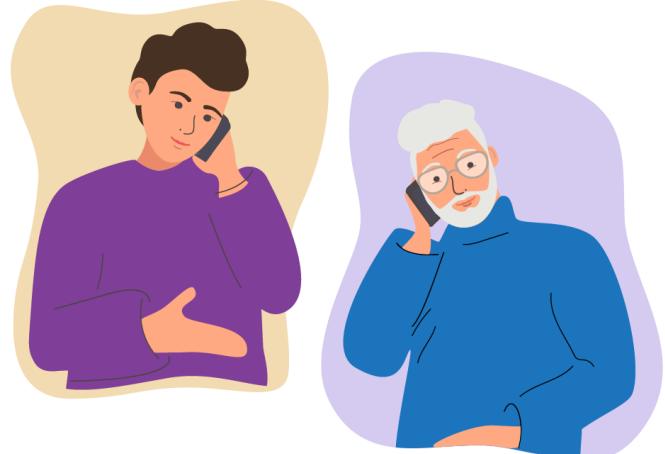
BOX BREATHING



Why This Matters?

- Mood and anxiety disorders are among the most common mental health disorders
- Symptoms frequently minimized or stigmatized
- Early identification improves outcomes

It's okay to ask for help.



Iowa's Center of Excellence for Behavioral Health

Thank you!

Torie Keith, LMSW
Program Manager
iowa-cebh@uiowa.edu

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