Informed Consent Must Include Defining Euthymia as a Treatment Goal in Treatment of Mood Disorders

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Informed consent in psychiatry practice must include accommodation of impairments and clinical insights regarding levels of MSE psychopathology, thought disorder, cognitive deficits when making diagnosis and offering treatment for mood disorder ....

- *illness understood .......... psychoeducation of mood disorder*
- *treatment options ABC offered*
- *autonomy & freedom to choose*
- *understand risks of treating / not treating*
- *Mood models of mood health & unhealthy moods?*
- *Mood tools to communicate progress & treatment response*
- *Treatment outcome not just remission of signs and symptoms but .......... .......... EUTHYMIA ...... how to define this?*
Aims

■ The 4 AIMS in this interactive oral presentation include:

1. Recruit you &/or your institution to experiment & partner with me in trialling, testing and incorporating these mood tools

2. Build a mood compass & use it to create FASH score, moodmap mood-pie-chart

3. Perform a 10 second mood stretch using the moodcompass
4. Invite Dr Mood to deliver a lecture/workshop or IDEALLY find me a mood-lab space, psychologist & philosopher to design an EBT trial

■ Do I have your informed consent? You may acquire emotional insights, MOOD RULES and mood tools that require a reorganisation of your limbic habits
Defining Euthymia

- Ideally based off theory of emotion (TOE)? About 10 types?
- Euthymia must be gauged within a given individual personality within social domains facilitating healthy relationships and functioning
- Let’s work together and brain storm some domains you consider would be associated with Euthymia
  - Healthy blend of FASH?
  - Mood momentum?
  - Mood recovery time?
  - Mood - values intimately linked
Eastern Mind.......... (mind...Buddhism mediation x10 India under the bodhi tree)
Western mind......... (brain... neuroscience .... neuroanatomy)
........These unite into
SOUTHERN MIND.....(consciouness.... spirit... triune man)
Preface that terminology pertaining to the field of emotional experience are not settled by any unanimous mood decree

I. Emotion – emotional & emotionality & emotionology  
II. Affect – affectivity & affectology & affectometrics  
III. Mood – moodimetric & moodiness & Moodology & MOODITATION  
IV. Feelings  
V. Temperament  
VI. Passions  
VII. Humour  
VIII. Spirits  
IX. Countenance  
X. Sentiments  
XI. Vibe  
XII. Intuition

• These terms are regularly used interchangeably and this needs to be addressed interchangeable and this needs to be addressed ASAP to provide functional definitions to allow…… mood research co-ordination between research groups

• Autonomic Nervous System ANS terms:  
  o Sympathetic & parasympathetic arms  
  o Sympathetic mood pair drive the reflex .........................FIGHT&FLIGHT  
  o Parasympathetic mood pair that drive the reflex ..................STAY&PLAY LAUGH&LEARN or REST&DIGEST
Plutchik's wheel of emotions
The Nature of Emotions

Human emotions have deep evolutionary roots, a fact that may explain their complexity and provide tools for clinical practice.

Robert Plutchik

Keywords:
emotions, evolutionary psychology, behaviorism, psychoanalysis, circumplex model

Abstract:
What is an emotion? More than 90 definitions have been offered over the past century, and there are almost as many theories of emotion—not to mention a complex array of overlapping words in our languages to describe them. Plutchik offers an integrative theory based on evolutionary principles. Emotions are adaptive—in fact, they have a complexity born of a long evolutionary history—and although we conceive of emotions as feeling states, Plutchik says the feeling state is part of a process involving both cognition and behavior and containing several feedback loops.

Robert Plutchik is professor emeritus at the Albert Einstein College of Medicine and adjunct professor at the University of South Florida. He received his Ph.D. from Columbia University. He has authored or coauthored more than 260 articles, 45 chapters and eight books and has edited seven books. His research interests include the study of emotions, the study of suicide and violence and the study of the psychotherapy process. Address for Plutchik: 4505 Deer Creek Boulevard, Sarasota, FL 34238. Internet: proban@home.com
Time is now ripe for EBT.... we've got CBT, DBT & ACT ..... unpack the acronym

- EBT emotion behavior training
- Emotive behavioural therapy
- Emotions bring thought
- Emotional Being Tested
- Emotional Based Testing
Moods induce thoughts... thoughts sculpt moods.... electromagnetic paradigms....
clouds and lightning ... field and linear mental phenomenon... Michael Faraday &
Ohm if trained now in philosophy and psychiatry ... Maxwell
Theory of Emotion

- James-Lange hypothesis that you interpret the physiological stimuli trigger emotions
  - Fast heart racing causes anxiety
- The two-factor theory of emotion states emotion is based on two factors
  - Physiological arousal & cognitive label
  - The theory was created by researchers Stanley Schachter and Jerome E. Singer
  - Emotions sometimes have fast temporal shifts and do not lag behind physiological shifts e.g. rising blood pressure
- Lazarus Theory
  - Cognitive appraisal of situation at hand whether the shifts is bad emotion and good emotion eg wonderful if holding cat/ but others sensitised to cat trauma will cognitive appraise as bad experience and emotion then include terror rather than pleasure
The Limbic System.... Papez loops and extended by Maclean that these are the emotional engines... is there enough structure here to provide the full range of human emotions.
colour theory RBG>>>full range colours such that
4 primary mood combine to give full range of emotional
spectrum

HATE

DISLIKE

SYMPATHETIC
MOOD PAIR

Fight (Fear) & Fight (Anger)

LIKE

PARASYMPATHETIC
MOOD PAIR

Laugh (Happy) & Learn (Sad)

NB... DNA recall that enormous diversity can flow from 4 nucleotide base which also similarly combine into pairs GC & AT
4 Mood Tanks...link to pairs... sculpt to mood compass...re-orientate 90 degree
1. Colour Theory

3 x 1° = ∞ colour

- Autonomic Nervous System

The autonomous functioning of glands modulated by the shifting balance between Sympathetic (adrenergic) and Parasympathetic (cholinergic)
MOOD PUMPS
SYMPATHETIC & PARASYMPATHETIC

Sweat & Tears
2 Interdependent Pumps

“SURVIVAL”
ADRENALINE PUMP

“REVIVAL”
SEROTONIN PUMP

LAUGH

FIGHT

FLIGHT

LEARN
Random Empathy Check - Mood pies

From the interactive Mood Pie CD-ROM
FASH score...emotional unmixing exercise to promote EQ& mood mindfulness habits ... easily communicated by SMS

F = Fear
A = Anger
S = Sad
H = Happy

F + A + S + H = 10

What’s your FASH score?
Stream of Consciousness William JAMES..... consider how you might divide & STEER?? the stream into different domains (body & thought & emotion & mindfulness)

- Heraclitus can’t step in river twice
- Streams of mood
- Stream of thought
- We can exert will on the pathway of where the stream meanders?
- Can the stream split & diverge too far beyond a capacity to converge
  - Schizophrenia? Streams Divided?
“MOOD COMPASS” PROTOTYPE ONE NORTH SOUTH EAST WEST....which way?
Compass... uniting Structure&Function

- Compass land & 4forces of flight
- What is it? Useful??
- Orientation → predict journey → plan pathway → monitor stream directions
- Mood compass prototype A>>B
- **Goals** → build a mood compass and employ it to engage in a mood stretch
- Vectors of mood compass may provide the pathway of thought

- CBT – Thought Habits - Grow out of old habits and into new ones
  - E.g. watch the stream of mood more than stream of thought?

- Neuroplasticity – new pathways for stream

- Focus of attention FOA and refocus the

- Flight compass ➔ 4 vectors
  - Drag, Thrust ➔ horizontal axis
  - Lift, gravity ➔ vertical axis
EBT

- Mood habits/Limbic synapses shift by
- INTENTIONAL shift the focus of attention
- ITERATIONS repetition promotes habit
- Flight of thought/pathway of thought/steering thoughts if we become ‘mindful’ of our habits of thoughts?
- Linear phenomenon v field of phenomenon
- Thoughts pathway, cloud of emotion
- Pursuit of Truth → to reduce the inner conflict & promote flourishing across the full range of EUTHYMIA
Philosophy of Mind

Circuits and brain ECT TMS

Ohm law found a relationship between the three variable V, I, R

Three variable of mind
  – consciousness
  – Thoughts
  – Emotions

Battery (source of electricity) combined with Magnets and circuits → movement

Movement of magnets can induce electricity

Faraday explains how a compass needle moves if brought near a wire with electricity from a magnet oersted

Builds first electric motor 1821 using battery, jar of mercury

Predicted - Electricity magnetism and light are linked and decades later Maxwell mathematics proved that electric and magnetic field are braided together but only at one possible speed i.e. speed of light
Modes of Communicating Emotions

How can I express, communicate and my emotional state I FEEL to myself or others?

1. Label with a word and speak (language/written words)
2. Behaviour - cry/laugh/shout/run)
3. Numerical - FASH
4. Geometrical – quadrangle
5. Chromatic - colour
6. VIBE?
7. Music
8. Smells... if I worked out a olfactory language linking smells and emotion given the direct input olfactory bulbs into limbic loops
“3 PRIMARY COLOURS”

“4 PRIMARY FLAVOURS”

- PINEAPPLE
- PEPPERMINT
- BLUEBERRY
- RASPBERRY
Mood Compass

- Shared mood language
- Orientation device for moods
- Basis of models like tug-o-4 and mood stretch
“MOOD COMPASS”

AND

“TUG – 0 – 4”
One of the most famous stories is of the pit-ponies not understanding the miners’ commands as their language was cleaned up.

Evan Roberts Welsh. Applying William James truth – belief had a profound effect on a nation and then the world Axuza street
OUTCOMES

1. Equip GP’s with Mood Model
2. ↑ EQ
3. Mood Diary – time efficient

? Want more talks

Mood Tools & EQ?
Random Empathy Check - Mood pies

From the interactive Mood Pie CD-ROM
MOOD JOURNEY

Facilitated by group euthymia
Meditators down front
Herbivores + meditators up here with me

MOOD TOOLS

Compass
Game
Stretch
Map

MOOD GOALS

1:2:3:4

Next time you bowl moods

EUTHYMIA

EUTHYMOLOGY

EUTHYMOLOGIST
MOOD STRETCH
“10 SECONDS”

WARM UP EXERCISE
FOR ‘MOODS’

1 SEC ←
2 SEC → →
3 SEC ↓ ↓ ↓
4 SEC ↑ ↑ ↑ ↑
10 SEC

MOOD-MINDFULNESS EXERCISE

Euthymic Behavioural Training “EBT”
FEAR 08: Speech mistakes and boring the audience
ANGER 10: I have made good speeches before and I will do fine this time!
SAD 32: Special day for my friend and honoured he asked me
HAPPY 45: I love weddings and sharing amusing incidents about the groom
GENESIS 2

27 So God created man in his own image, in the image of God created he him; male and female created he them.

28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it; and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.

30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

31 And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

Chapter 2

Thus the heavens and the earth were finished, and all the host of them.

2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

3 And God blessed the seventh day and hallowed it, because that in it he had rested from all his work which God created and made.

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