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**MOOD DISORDER**

Introduction

English psychiatrist [Henry Maudsley](http://en.wikipedia.org/wiki/Henry_Maudsley) proposed an overarching category of *affective disorder*. The term was then replaced by *mood disorder*, as the latter term refers to the underlying or longitudinal emotional state, whereas the former refers to the external expression observed by others.

Two groups of mood disorders are broadly recognized; the division is based on whether manic or [hypomanic](http://en.wikipedia.org/wiki/Hypomania) episode has ever been present. Thus, there are depressive disorders, of which the best-known and most researched is [major depressive disorder](http://en.wikipedia.org/wiki/Major_depressive_disorder) (MDD) commonly called *clinical depression* or *major depression*, and [bipolar disorder](http://en.wikipedia.org/wiki/Bipolar_disorder) (BD), formerly known as *manic depression* and characterized by intermittent episodes of mania or hypomania, usually interlaced with depressive episodes. However, there are also psychiatric syndromes featuring less severe [depression](http://en.wikipedia.org/wiki/Depression_(mood)) known as [dysthymic](http://en.wikipedia.org/wiki/Dysthymic) disorder (similar to but milder than MDD) and [cyclothymic](http://en.wikipedia.org/wiki/Cyclothymic) disorder (similar to but milder than BD). Mood disorders may also be substance-induced or occur in response to a medical condition.

Definition

Mood disorders refer to a category of mental health problems that include all types of depression and bipolar disorder. Mood disorders are sometimes called affective disorders. Mood disorder are psychological characterized by disturbance of moods that are intense and persistent enough to clearly maladaptive, Mood disorder are normally episodic , which means the disturbance s can increase and decrease in the length of time the mood is experienced.

Symptoms of mood disorder

* Persistent feelings of sadness
* Feeling hopeless or helpless
* Having low self-esteem
* Feeling inadequate
* Excessive guilt
* Feelings of wanting to die
* Loss of interest in usual activities or activities once enjoyed
* Difficulty with relationships
* Sleep disturbances (for example, insomnia or hypersomnia)
* Changes in appetite or weight
* Decreased energy
* Difficulty concentrating
* A decrease in the ability to make decisions
* Suicidal thoughts or attempts
* Frequent physical complaints (for example, headache, stomachache, or fatigue)
* Running away or threats of running away from home
* Hypersensitivity to failure or rejection
* Irritability, hostility, or aggression

In mood disorders, these feelings appear more intense than what a person may normally feel from time to time.

Causes of mood disorder

**Neurotransmitters:**

* Depression is associated with low levels of serotonin in relation to norepinephrine and dopamine
* Primary function of serotonin is to regulate our emotional reactions
* When levels of serotonin are low, we are more impulsive and our moods swing more wildly
* Medications that treat depression increase the availability of serotonin and/or nor epinephrine in the synapse
* Within a few weeks, this changes postsynaptic receptor sensitivity.
* Change in postsynaptic receptor sensitivity (down-regulation) correlates with symptom improvement.

**The Endocrine System**

* Depression can be a symptom of some endocrine disorders
  + hypothyroidism
  + Cushing’s syndrome
* HPA axis
  + hypothalamus
  + pituitary gland
  + adrenal gland
* Hypothalamus sends signals to pituitary gland, which sends signals to adrenal gland to secrete hormones related to stress response.
* 50% of depressed individuals show elevated levels of cortisol.

**Stress**

* Stressful life events are strongly related to the onset of mood disorders.
* 20-50% of individuals who experience stressful life events become depressed.

**Negative Cognitive Style**

* Tendency to interpret everyday events in a negative way
* Reflects cognitive errors
  + All or nothing
    - seeing things in “black or white”
    - one order of french fries means I’ve blown my whole diet
  + Overgeneralization
    - one critical remark on paper means I will fail class
  + Arbitrary inference
    - selective attention to negative aspects
    - I assume I’m a terrible teacher because 2 students fell asleep

Main types of mood disorder

* **Major depressive disorder (MDD)**: It is also known as clinical depression, major depression, unipolar depression, or unipolar disorder; or as recurrent depression in the case of repeated episodes, it is a [mental disorder](http://en.wikipedia.org/wiki/Mental_disorder) characterized by a pervasive and persistent [low mood](http://en.wikipedia.org/wiki/Depression_(mood)) that is accompanied by low [self-esteem](http://en.wikipedia.org/wiki/Self-esteem) and by a [loss of interest or pleasure](http://en.wikipedia.org/wiki/Anhedonia) in normally enjoyable activities
* **Dysthymia (dysthymic disorder)**: It sometimes also called neurotic depression, dysthymic disorder, or chronic depression, is a [mood disorder](http://en.wikipedia.org/wiki/Mood_disorder) consisting of the same cognitive and physical problems as in[depression](http://en.wikipedia.org/wiki/Depression_(mood)), with less severe but longer-lasting symptoms. The concept was coined by [Dr. Robert Spitzer](http://en.wikipedia.org/wiki/Robert_Spitzer_(psychiatrist)) as a replacement for the term "depressive personality" in the late 1970s.
* **Manic depression (bipolar disorder)**: It is also known as bipolar affective disorder, manic-depressive disorder, or manic depression and is a [mental illness](http://en.wikipedia.org/wiki/Mental_disorder). Individuals with bipolar disorder experience episodes of an elevated or agitated mood known as [mania](http://en.wikipedia.org/wiki/Mania), alternating with [episodes of depression](http://en.wikipedia.org/wiki/Major_depressive_episode). These episodes can impair the individual's ability to function in ordinary life. About 4% of people have bipolar disorder worldwide, a proportion that is consistent for men and women and across racial and ethnic groups. The cause is not clearly understood, but genetic and environmental risk factors are believed to play a role.
* Mood disorder due to a general medical condition. Many medical illnesses (including cancer, injuries, infections, and chronic medical illnesses) can trigger symptoms of depression.
* Substance induced mood disorder. Symptoms of depression that is due to the effects of medication, drug abuse, exposure to toxins, or other forms of treatment.

Treatments of mood disorder

Specific treatment for mood disorders will be determined by your health care provider based on:

* Patient's age, overall health, and medical history
* Extent of the condition
* type of mood disorder
* Patient's tolerance for specific medications, procedures, or therapies
* Expectations for the course of the condition
* Patient's opinion or preference

Mood disorders can often be effectively treated. Treatment should always be based on a comprehensive evaluation. Treatment may include one, or more, of the following:

* Antidepressant medications (especially when combined with psychotherapy has shown to be very effective in the treatment of depression)
* Psychotherapy (most often cognitive-behavioral and/or interpersonal therapy that is focused on changing the individual's distorted views of himself or herself and the environment around him or her, working through difficult relationships, and identifying stressors in the environment and how to avoid them)
* Family therapy
* Somatic therapies, such as electroconvulsive therapy and transcranial stimulation

Families play a vital supportive role in any treatment process.

Medication for Mood disorder

* + [**Abilify IM**](http://www.healthcentral.com/bipolar/r/medications/abilify-im-146495)

Aripiprazole injection is used for the short-term treatment of agitation that occurs with certain mental/mood disorders (e.g., schizophrenia, bipolar disorder). It is given by injection when quick relief of your symptoms is needed or when you are unable to take the medication by mouth. When you are able to take medications by mouth, your doctor will change this medication to a form that can be taken by mouth.

* + [**Aripiprazole IM**](http://www.healthcentral.com/bipolar/r/medications/aripiprazole-im-146479)

Aripiprazole injection is used for the short-term treatment of agitation that occurs with certain mental/mood disorders (e.g., schizophrenia, bipolar disorder). It is given by injection when quick relief of your symptoms is needed or when you are unable to take the medication by mouth. When you are able to take medications by mouth, your doctor will change this medication to a form that can be taken by mouth.

* + [**Depakene Oral**](http://www.healthcentral.com/bipolar/r/medications/depakene-oral-9702)

This medication is used to treat seizure disorders, mental/mood conditions (such as manic phase of bipolar disorder), and to prevent migraine headaches. It works by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Depakote ER Oral**](http://www.healthcentral.com/bipolar/r/medications/depakote-er-oral-19881)

This medication is used to treat seizure disorders, mental/mood conditions (such as manic phase of bipolar disorder), and to prevent migraine headaches. It works by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Depakote Oral**](http://www.healthcentral.com/bipolar/r/medications/depakote-oral-1788)

This medication is used to treat seizure disorders, certain psychiatric conditions (manic phase of bipolar disorder), and to prevent migraine headaches. It works by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Depakote Sprinkles Oral**](http://www.healthcentral.com/bipolar/r/medications/depakote-sprinkles-oral-9118)

This medication is used to treat seizure disorders, mental/mood conditions (such as manic phase of bipolar disorder), and to prevent migraine headaches. It works by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Equetro Oral**](http://www.healthcentral.com/bipolar/r/medications/equetro-oral-92913)

This medication is used to treat acute manic episodes and mixed episodes (acute mania with depression) in people with bipolar disorder.Carbamazepine works by reducing excessive nerve signals in the brain and restoring the normal balance of nerve activity. It also works to stabilize the mood and reduce extremes in behavior.

* + [**Lamictal Oral**](http://www.healthcentral.com/bipolar/r/medications/lamictal-oral-8486)

Lamotrigine is used alone or with other medications to prevent and control seizures. It may also be used to help prevent the extreme mood swings of bipolar disorder in adults.

* + [**Lamictal Starter (Blue) Kit Oral**](http://www.healthcentral.com/bipolar/r/medications/lamictal-starter-blue-kit-oral-92412)

Lamotrigine is used alone or with other medications to prevent and control seizures. It may also be used to help prevent the extreme mood swings of bipolar disorder in adults.

* + [**Lamictal Starter (Green) Kit Oral**](http://www.healthcentral.com/bipolar/r/medications/lamictal-starter-green-kit-oral-92413)

Lamotrigine is used alone or with other medications to prevent and control seizures. It may also be used to help prevent the extreme mood swings of bipolar disorder in adults.

* + [**Lamictal Starter (Orange) Kit Oral**](http://www.healthcentral.com/bipolar/r/medications/lamictal-starter-orange-kit-oral-92393)

Lamotrigine is used alone or with other medications to prevent and control seizures. It may also be used to help prevent the extreme mood swings of bipolar disorder in adults.

* + [**Lithium Carbonate Oral**](http://www.healthcentral.com/bipolar/r/medications/lithium-carbonate-oral-5887)

This medication is used to treat manic-depressive disorder (bipolar disorder). It works to stabilize the mood and reduce extremes in behavior by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Lithium Citrate Oral**](http://www.healthcentral.com/bipolar/r/medications/lithium-citrate-oral-14374)

This medication is used to treat manic-depressive disorder (bipolar disorder). It works to stabilize the mood and reduce extremes in behavior by restoring the balance of certain natural substances (neurotransmitters) in the brain.

* + [**Seroquel Oral**](http://www.healthcentral.com/bipolar/r/medications/seroquel-oral-4718)

This medication is used to treat certain mental/mood conditions (including bipolar disorder, schizophrenia). Quetiapine is known as an anti-psychotic drug (atypical type). It works by helping to restore the balance of certain natural substances (neurotransmitters) in the brain.

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