

Short Note on Mood Disorders

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DESCRIPTION

A mood disorder is a type of mental illness that affects a person's emotional state. It's a mental illness in which a person has protracted periods of excessive happiness, misery, or both. It's natural for someone's mood to shift based on the circumstances. Symptoms of a mood disorder, on the other hand, must be present for several weeks or more to be identified. Mood problems can alter their behavior and impair their capacity to cope with everyday tasks such as work or school. A mood disorder, also known as an affective disorder, is a medical illness that has a significant influence on one's mood and associated functions. Mood disorder is a wide term that encompasses all sorts of depressive and bipolar disorders, both of which have an impact on mood. The emotions may swing from exceedingly low (depressed) to highly high (irritable) if people have indications of a mood disorder.

Types of mood disorders

The Diagnostic and Statistical Manual of mental disorders (DSM-V) was updated in 2013 and now divides mood disorders into two categories: bipolar disorder and associated disorders and depressive disorders. The following are the most common forms of mood disorders:

Major depressive disorder: Major depression, often known as clinical depression, is a common term used to describe this condition. It is characterized by feelings of intense melancholy, hopelessness, or emptiness, as well as physical, cognitive, and emotional symptoms.

Bipolar I disorder: Previously, this condition was known as "manic depression." Mania is defined by euphoric and/or irritated feelings, as well as an increase in energy or activity. People with bipolar I frequently engage in behaviors that might result in painful repercussions for themselves and/or others during manic episodes.

Bipolar II disorder: A person with bipolar II must have experienced at least one episode of current or previous hypomania (a milder type of mania) and at least one episode of current or previous significant sadness, but no history of manic

episodes. Madness, hypomania, and profound depressive episodes all have the same criteria.

Cyclothymic disorder: A two-year history of many bouts of not-quite hypomania and not-quite significant depression is required for diagnosis.

Symptoms of mood disorders

Mood problems can make it difficult to keep up with day-to-day work and responsibilities. Physical symptoms of depression, such as inexplicable headaches or stomachaches, might occur in certain people, particularly youngsters. Because there are so many distinct forms of mood disorders, their consequences on quality of life might vary greatly. Symptoms can include, but are not limited to:

- Loss of interest in previously enjoyed activities
- Consuming more or less calories than usual
- Sleeping problems or sleeping more than normal, and Fatigue, Crying, Anxiety.

Causes

No one understands what causes mood disorders, although a number of variables appear to have a role, and they often run in families. The most likely reason is chemical abnormalities in the brain. Life events such as death, divorce, or trauma can also induce depression, especially if the person has already experienced it or if there is a hereditary component.

Diagnosis

A mental health expert, such as a psychiatrist, should appropriately examine and treat mood problems. If any of the aforementioned symptoms are interfering with daily life, especially if visitors are having suicidal thoughts, visitors should get treatment right once.

Treatment

Mood problems affect millions of individuals, yet they may be effectively treated, allowing them to enjoy a better life. Psychotherapy, commonly known as talk therapy, and drugs to

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Received: 28-Nov-2022, Manuscript No. JDA-22-17056; **Editor assigned:** 01-Dec-2022, PreQC No. JDA-22-17056 (PQ); **Reviewed:** 16-Dec-2022, QC No. JDA-22-17056; **Revised:** 23-Dec-2022, Manuscript No. JDA-22-17056 (R); **Published:** 30-Dec-2022, DOI: 10.35248/2167-1044.22.11.478
Citation: Etensel B (2022) Short Note on Mood Disorders. J Dep Anxiety. 11:477.

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assist control chemical imbalances in the brain can be used to treat mood disorders. The best line of treatment is frequently a mix of psychotherapy and medicine.