

Mood Disorders

Mood Disorders

1. Overview

- Mood disorders are characterized by significant and persistent disturbances in emotional state that affect a person's ability to function.

2. Major Depressive Disorder

- Persistent sadness, loss of interest, fatigue, and changes in sleep/appetite lasting at least two weeks.

3. Bipolar Disorder

- Alternates between depressive episodes and manic/hypomanic episodes (elevated mood, high energy, impulsivity).

4. Causes

- Genetic factors, neurotransmitter imbalances (serotonin, dopamine, norepinephrine), stressful life events, and cognitive vulnerability (negative thinking patterns).

5. Diagnosis

- Based on duration, severity, and pattern of symptoms as outlined in the DSM-5/ICD-11.

6. Treatment

- Antidepressants or mood stabilizers, psychotherapy (CBT, interpersonal therapy), and lifestyle changes (exercise, sleep hygiene).

7. Risk Factor

- Untreated mood disorders significantly increase suicide risk, making early identification critical.