

Paper: Clinical Psychology

Topic: Mood Disorders: Symptoms and Treatment

- Having low self-esteem
- Feeling inadequate or worthless
- Excessive guilt
- Repeating thoughts of death or suicide, wishing to die, or attempting suicide
- Loss of interest in usual activities or activities that were once enjoyed
- Relationship problems
- Trouble sleeping or sleeping too much
- Changes in appetite and/or weight
- Decreased energy
- Trouble concentrating
- A decrease in the ability to make decisions
- Frequent physical complaints (for example, headache, stomachache, or tiredness) that don't get better with treatment
- Running away or threats of running away from home
- Very sensitive to failure or rejection
- Irritability, hostility, or aggression

In mood disorders, these feelings are more intense than what a person may normally feel from time to time. It's also of concern if these feelings continue over time, or interfere with one's interest in family, friends, community, or work. Any person who expresses thoughts of suicide should get medical help right away.

The symptoms of mood disorders may look like other conditions or mental health problems therefore always need a healthcare provider for a diagnosis.

Treatment

Mood disorders can often be treated with success. Therapy, antidepressants, support and self-care techniques can help to treat mood disorders.

Treatment may include:

- **Antidepressant and mood stabilizing medicines**—especially when combined with psychotherapy have shown to work very well in the treatment of depression
- **Psychotherapy**—most often cognitive-behavioral and/or interpersonal therapy. This therapy is focused on changing the person's distorted views of himself or herself and the environment around him or her. It also helps to improve interpersonal relationship skills, and identifying stressors in the environment and how to avoid them
- **Family therapy**
- **Other therapies** (i.e. electroconvulsive therapy etc.)

Families play a vital supportive role in any treatment process. When correctly diagnosed and treated, people with mood disorders can live, stable, productive,

healthy lives. However at this time, there are no ways to prevent or reduce the incidence of mood disorders. However, early diagnosis and treatment can reduce the severity of symptoms, enhance the person's normal growth and development, and improve the quality of life of people with mood disorders.

Note:

- A mood disorder is a mental health class that health professionals use to broadly describe all types of depression and bipolar disorders.
- The most common types of mood disorders are major depression, dysthymia (dysthymic disorder), bipolar disorder, mood disorder due to a general medical condition, and substance-induced mood disorder.
- There is no clear cause of mood disorders. Healthcare providers think they are a result of chemical imbalances in the brain. Some types of mood disorders seem to run in families, but no genes have yet been linked to them.
- In general, nearly everyone with a mood disorder has ongoing feelings of sadness, and may feel helpless, hopeless, and irritable. Without treatment, symptoms can last for weeks, months, or years, and can impact quality of life.
- Depression is most often treated with medicine, psychotherapy or cognitive behavioral therapy, family therapy, or a combination of medicine and

therapy. In some cases, other therapies, such as electroconvulsive therapy may be used.