

A Holistic Examination of Mood Disorders in Contemporary Society

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Abstract:

In mood disorders, the focus is on adults with major depression and bipolar disorder, as these are among the most common, impairing, and well-studied of the mood disorders. A mental illness that affects your emotional state is depression. Your mood may fluctuate based on the circumstances, which is quite natural. Mood disorders can change how you act and make it hard to do things you normally do in your daily routines. This paper reviews the types of mood disorders and contemporary treatments for depression.

Keywords: Depression, Disruptive Mood Dysregulation Disorder, Premenstrual Dysphoric Disorder

1. INTRODUCTION

Mood is defined as a pervasive and persistent emotional tone that persists internally and affects almost all of a person's behaviour in the external world. Mood disorder is a mental health term widely used by health professionals to describe all types of depression and bipolar disorder. When you have a mood disorder, your general emotional

state or mood is distorted or inconsistent with your situation and interferes with your ability to function.

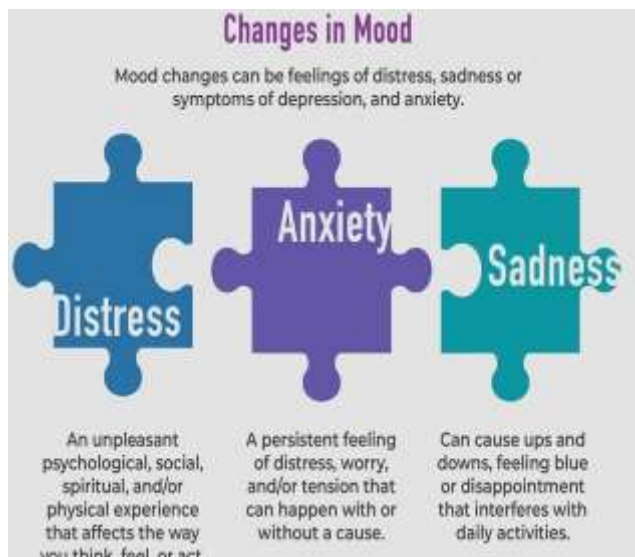


Figure 1: Mood Swing

You may feel extremely sad, empty, or irritable (depressed), or you may have episodes of depression alternating with extreme happiness (mania). Anxiety disorders can also affect your mood and often coexist with depression. Mood disorders can increase your risk of suicide. It is normal for your mood to fluctuate (Figure 1), depending on the situation. However, to be diagnosed with a mood disorder, symptoms must last several weeks or longer. Mood disorders can cause changes in your behaviour and affect your ability to perform routine activities such as work or school.

2. TYPES OF MOOD DISORDER

Mood disorder is categorized into depression, bipolar disorder, premenstrual Dysphoric disorder (PMDD) and disruptive mood dysregulation disorder (DMDD).

Depression

Depression is a common mental disorder. Depression affects more than a person's mood. It can also affect their energy, sleep, and eating. This can affect how they function and how well they do at school/work place. Depression can even contribute to physical symptoms such as headaches and stomach aches.

Bipolar disorder

Bipolar disorder is a lifelong mood disorder and mental illness that causes severe changes in mood, energy levels, thinking, and behaviour. Most people with bipolar disorder have both manic and depressive episodes, but a depressive episode is not necessary for the diagnosis. People with cyclothymic disorder have chronic mood swings.

Premenstrual Dysphoric Disorder (PMDD)

PMDD also causes severe anxiety, depression, and mood swings. It causes physical and emotional symptoms during each menstruation for a week or two before menstruation. PMDD causes bloating, headaches, and breast tenderness.

Dysfunctional Mood Disorder (DMDD)

I have an irritable or angry mood most of the day, almost every day. DMDD is more severe and long-lasting. Problems with daily activities due to irritability in more than one setting, such as at home, school, or with peers. The two main treatments for DMDD are psychotherapy (talk therapy) and medication. In many cases, health care providers recommend psychotherapy before trying medication.

3. SYMPTOMS OF MOOD DISORDER

Each mood disorder has different symptoms. Generally, the symptoms of a mood disorder include low mood, helplessness, low self-esteem, worthlessness, lack of interest in normal activities, too much or too little sleep, and thoughts of death or suicide. Figure 2 shows the symptoms for mood disorders.



Figure 2: Symptoms for Mood Disorders

4. THERAPY FOR MOOD DISORDER

Treatment for mood disorders depends on the specific condition and symptoms. Treatment usually consists of a combination of medication and psychotherapy.

Antidepressants and mood stabilisers, especially when combined with psychotherapy, are very effective in treating depression. Family therapy. Families play an important supportive role in all treatment processes. When properly diagnosed and treated, people with mood disorders can live stable, productive, and healthy lives.

Mood disorders can affect anyone regardless of age, gender, social status, education, nationality, or ethnicity. Mood disorders cannot always be prevented, but if symptoms accompany them, treatment is necessary immediately. Tips for maintaining good mental health can help you change certain lifestyle habits. These changes will help improve your health and reduce factors that worsen or contribute to your symptoms. Figure 3 shows the treatment for mood disorders.



Figure 3: Treatment for Mood Disorders

5. CONCLUSION

Mood disorders have become public health issues because they are illnesses that negatively affect a person's quality of life. It should be noted that due to the complexity of understanding mood disorders, their symptoms and treatment, the subject is associated with stigma and prejudice, which requires the development of educational interventions to combat such a scenario. The family is a central unit in patient care. It is deeply affected by mental suffering. Therefore, one must also pay attention to this in the proposed treatment. Mood disorder without treatment, symptoms can last for weeks, months, or years, and can impact quality of life. In everyone with a mood disorder has ongoing feelings of sadness, and may feel helpless, hopeless, and irritable.

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