

# What are Mood Disorders



**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA  
WESTMAN

*Helping People Help Themselves*

Compiled by 2023 Green Team

Your general emotional state or mood is distorted or inconsistent with your circumstances if you have a mood disorder, and this interferes with your ability to function. You may experience severe sadness, emptiness, or irritability (depression), or you may alternate between periods of depression and mania (Mayo Clinic, 2018).

## Examples of Mood Disorders

Mood disorders may increase your risk of suicide. Some example of mood disorders include:

- **Major Depressive Disorder** - Major depression is manifested by a combination of symptoms that interfere with daily life: work, sleep, eating, and enjoyment of once pleasurable activities. These symptoms may occur without any apparent cause and deepen and persist day-in and day-out for two weeks or longer. (The Mood Disorders Association of Manitoba, 2023).

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## Examples of Mood Disorders continued...

- **Seasonal Affective Disorder (SAD)** - A form of depression most often associated with fewer hours of daylight in the far northern and southern latitudes from late fall to early spring. (The Mood Disorders Association of Manitoba, 2022).
- **Persistent Depressive Disorder (Dysthymia)** - Chronic mild to moderate depression is persistent depressive disorder (PDD). It is characterized by a depressed or gloomy disposition for two years or more (Cleveland Clinic, 2021).
- **Bipolar Disorder** - Bipolar disorder, also known as manic depression, is a brain disorder which causes unusual and intense shifts in mood, energy, thinking, and behaviour (The Mood Disorders Association of Manitoba, 2023).



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## Examples of Mood Disorders continued...

- **Disruptive Mood Dysregulation Disorder** - Children and adolescents with disruptive mood dysregulation disorder (DMDD) exhibit persistent irritability, wrath, and frequent, intense outbursts of rage. DMDD symptoms extend beyond a simple "bad mood."(U.S. Department of Health and Human Services, National Institutes of Health, 2020).
- **Depression Related To Medical Illness** - Persistent depressed mood and a significant loss of pleasure in most or all activities that's directly related to the physical effects of another medical condition (The Mood Disorders Association of Manitoba, 2022).

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## Examples of Mood Disorders continued...

- **Depression Induced By Substance Use Or Medication** - Depression symptoms that develop during or soon after substance use or withdrawal or after exposure to a medication (The Mood Disorders Association of Manitoba, 2022).
- **Premenstrual Dysphoric Disorder** - Mood changes and irritability that occur during the premenstrual phase of a woman's cycle and go away with the onset of menses (The Mood Disorders Association of Manitoba, 2022).
- **Cyclothymic Disorder** - A disorder that causes emotional ups and downs that are less extreme than bipolar disorder (The Mood Disorders Association of Manitoba, 2022).



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## Common Symptoms of Mood Disorders

There are different symptoms for each mood disorder. Typically, symptoms will affect your mood, sleep, eating behaviours, energy level and thinking abilities.

Depressive symptoms can include:

- Feeling sad most of the time, occurring nearly every day
- Lack of energy or feeling sluggish
- Feeling worthless or hopeless
- Loss of interest in activities that formerly brought enjoyment
- Thoughts about death or suicide
- Difficulty concentrating or focusing
- Sleeping too much or not enough
- Loss of appetite or overeating

(Cleveland Clinic, 2018)

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## Common Symptoms of Mood Disorders continued...

In general, symptoms of hypomania or mania episodes include:

- Feeling extremely energized or elated
- Rapid speech or movement
- Agitation, restlessness or irritability
- Risk-taking behaviour, such as spending more money than usual or driving recklessly
- Racing thoughts
- Insomnia or trouble sleeping

(Cleveland Clinic, 2018)

## When To See A Doctor

Make an appointment to visit your doctor as soon as you can if you think you might have a mood disorder. It's doubtful that your mood disorder will simply go away on its own; in fact, it can worsen over time. Before your mood disorder gets worse, seek professional help; it might be simpler to treat it early on. (Mayo Clinic, 2018)

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