Mood Disorders

URL of this page: http://www.nlm.nih.gov/medlineplus/mooddisorders.html

Most people feel sad or irritable from time to time. They may say they're in a bad mood. A mood disorder is different. It affects a person's everyday emotional state. Nearly one in ten people aged 18 and older have mood disorders. These include

- Major depressive disorder
- Dysthymic disorder (a chronic, mild depression)
- Bipolar disorder (also called manic depression)

Mood disorders can increase a person's risk for heart disease, diabetes, and other diseases. Treatments include medication, psychotherapy, or a combination of both. With treatment, most people with mood disorders can lead productive lives.

Start Here

Overviews
- About Mood Disorders [http://www.dbsalliance.org/site/PageServer?pagename=education_mood_disorders] (Depression and Bipolar Support Alliance)
  Also available in Spanish [http://www.dbsalliance.org/site/PageServer?pagename=esp_about_MDOverview]

Latest News

Diagnosis/Symptoms
- Signs and Symptoms of Mood Disorders [http://www.dbsalliance.org/site/PageServer?pagename=education_signs_symptoms] (Depression and Bipolar Support Alliance)
  Also available in Spanish [http://www.dbsalliance.org/site/PageServer?pagename=esp_Signs_symptoms]

Treatment

Specific Conditions
- Cyclothymia (Cyclothymic Disorder) [http://www.mayoclinic.com/print/cyclothymia/DS00729/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)
  Also available in Spanish
Related Issues
- Suicide Prevention [http://www.dbsalliance.org/site/PageServer?pagename=urgent_crisis_suicide_prevention] (Depression and Bipolar Support Alliance)

Clinical Trials
- ClinicalTrials.gov: Cyclothymic Disorder [http://clinicaltrials.gov/search/open/condition=%22Cyclothymic+Disorder%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Dysthymic Disorder [http://clinicaltrials.gov/search/open/condition=%22Dysthymic+Disorder%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Mood Disorders [http://clinicaltrials.gov/search/open/condition=%22Mood+Disorders%22] NIH (National Institutes of Health)
- Clinical Trials: Information and Options for People with Mood Disorders [http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_clinical_trials] (Depression and Bipolar Support Alliance)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator [http://locator.apa.org/] (American Psychological Association)

Organizations
- Depression and Bipolar Support Alliance [http://www.dbsalliance.org/]
- NAMI [http://www.nami.org/]
  Also available in Spanish [http://www.nami.org/template.cfm?section=NAMI_en_espa%F10d]

Statistics

Children
- Disruptive Mood Dysregulation Disorder (DMDD) [http://www.aacap.org/cs/root/facts_for_families/disruptive_mood_dysregulation_disorder_dmdd] (American
Academy of Child and Adolescent Psychiatry
- Storm in My Brain: Kids and Mood Disorders (Bipolar Disorder and Depression) [http://www.dbsalliance.org/pdfs/storm.pdf] (Depression and Bipolar Support Alliance) - PDF

Teenagers
- Is It Just a Mood or Something Else? [http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_just_a_mood] (Depression and Bipolar Support Alliance)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/bad_mood_esp.html]

Seniors
- Coping with Mood Changes Later in Life [http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_coping_mood_changes] (Depression and Bipolar Support Alliance)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001550.htm]

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:
- Depression [http://www.nlm.nih.gov/medlineplus/depression.html]

The primary NIH organization for research on Mood Disorders is the National Institute of Mental Health [http://www.nimh.nih.gov]

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