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A mood disorder is a mental health problem that primarily affects a person's emotional state. Mood disorders are extended periods of depressed, euphoric, or irritable moods that in combination with other symptoms cause the person significant distress and interfere with his or her daily life. It is normal for someone's mood to change, depending on the situation. However, to be diagnosed with a mood disorder, symptoms must be present for several weeks or longer. Mood disorders can cause changes in your behavior and can affect your ability to deal with routine activities, such as work or school. Two of the most common mood disorders are depression and bipolar disorder. There are several causes of mood disorders two of the common causes include Interpersonal behaviors and stress.

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