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URL of this page: <https://medlineplus.gov/mooddisorders.html>

Mood Disorders



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 depression [<https://medlineplus.gov/depression.html>] and bipolar disorder [<https://medlineplus.gov/bipolardisorder.html>] (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

- [Bipolar Disorder \[https://www.dbsalliance.org/education/bipolar-disorder/\]](https://www.dbsalliance.org/education/bipolar-disorder/) (Depression and Bipolar Support Alliance)
- [Depression \[https://www.dbsalliance.org/education/depression/\]](https://www.dbsalliance.org/education/depression/) (Depression and Bipolar Support Alliance)

Treatments and Therapies

- [Mental Health Medications \[https://www.nimh.nih.gov/health/topics/mental-health-medications\]](https://www.nimh.nih.gov/health/topics/mental-health-medications)  (National Institute of Mental Health)
- [Psychotherapies \[https://www.nimh.nih.gov/health/topics/psychotherapies\]](https://www.nimh.nih.gov/health/topics/psychotherapies)  (National Institute of Mental Health)

Living With

- [What to Know Before Stopping Medications \[https://aapp.org/ed/presentation/patients?view=link-19-1580418376&.;.pdf\]](https://aapp.org/ed/presentation/patients?view=link-19-1580418376&.;.pdf) (American Association of Psychiatric Pharmacists) - **PDF**


Related Issues

- [Suicide Prevention Information \[https://www.dbsalliance.org/crisis/suicide-prevention-information/\]](https://www.dbsalliance.org/crisis/suicide-prevention-information/) (Depression and Bipolar Support Alliance)

Specifics

- [Cyclothymia \(Cyclothymic Disorder\) \[https://www.mayoclinic.org/diseases-conditions/cyclothymia/symptoms-causes/syc-20371275?p=1\]](https://www.mayoclinic.org/diseases-conditions/cyclothymia/symptoms-causes/syc-20371275?p=1) (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/cyclothymia/symptoms-causes/syc-20371275?p=1>]

Clinical Trials



- [Clinical Trials \[https://www.dbsalliance.org/education/clinicians/clinical-trials/\]](https://www.dbsalliance.org/education/clinicians/clinical-trials/) (Depression and Bipolar Support Alliance)
- [ClinicalTrials.gov: Mood Disorders \[https://clinicaltrials.gov/search?cond=%22Mood+Disorders%22&aggFilters=status:not%20rec\]](https://clinicaltrials.gov/search?cond=%22Mood+Disorders%22&aggFilters=status:not%20rec)  (National Institutes of Health)

Journal Articles


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

- Article: Characterizing mental health diagnosis within Canadian primary care settings: Application of...
[<https://www.ncbi.nlm.nih.gov/pubmed/40730446>]
- Article: Novel Roles for Urokinase- and Tissue-Type Plasminogen Activators in the Pathogenesis...
[<https://www.ncbi.nlm.nih.gov/pubmed/40725146>]
- Article: Relationships between fatigue severity scale (FSS)/ scale for mood assessment (EVEA)...
[<https://www.ncbi.nlm.nih.gov/pubmed/40622937>]
- Mood Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Mood+Disorders%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Depression and Bipolar Support Alliance [<https://www.dbsalliance.org/>]
- FindTreatment.gov [<https://findtreatment.gov/>] (Substance Abuse and Mental Health Services Administration)
Also in Spanish [<https://findtreatment.gov/es>]
- Help for Mental Illnesses [<https://www.nimh.nih.gov/health/find-help>]  (National Institute of Mental Health)
Also in Spanish [<https://www.nimh.nih.gov/health/find-help/ayuda-para-la-salud-mental>]
- NAMI [<https://www.nami.org/>]
- National Institute of Mental Health [<https://www.nimh.nih.gov/>] 
Also in Spanish [<https://www.nimh.nih.gov/health/topics/espanol>]
- Psychologist Locator [<https://locator.apa.org/?partner=nlm>] (American Psychological Association)

Children

- Disruptive Mood Dysregulation Disorder [<https://www.nimh.nih.gov/health/topics/disruptive-mood-dysregulation-disorder-dmdd>]  (National Institute of Mental Health)
- Disruptive Mood Dysregulation Disorder (DMDD)
[https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Disruptive-Mood-Dysregulation-Disorder-_DMDD_-110.aspx] (American Academy of Child and Adolescent Psychiatry)

Patient Handouts

- Cyclothymic disorder [<https://medlineplus.gov/ency/article/001550.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001550.htm>]



Cyclothymic disorder [<https://medlineplus.gov/ency/article/001550.htm>]

Related Health Topics

Bipolar Disorder [<https://medlineplus.gov/bipolardisorder.html>]

Depression [<https://medlineplus.gov/depression.html>]

National Institutes of Health

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

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/mooddisorders.html>] on *Mood Disorders*

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