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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/>] (Depression and Bipolar Support Alliance)
- 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>]  (National Institute of Mental Health)
- 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>] (American Association of Psychiatric Pharmacists) - 

Related Issues

- 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>] (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/>] (Depression and Bipolar Support Alliance)
- ClinicalTrials.gov: Mood Disorders [<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+%22ast+1+Year%22+%5Bdat%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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