



Treatment of Mood Disorders in Health Care

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DESCRIPTION

Mood disorders are a group of mental health conditions that affect an individual's emotional state and mood. These conditions can cause significant distress and interfere with daily activities including work, school and relationships. The two most common types of mood disorders are depression and bipolar disorder although there are other subtypes such as cyclothymia and persistent depressive disorder. Depression is a mood disorder that is characterized by feelings of sadness, hopelessness and a lack of interest in activities. Depression affects millions of people worldwide and it is estimated that over 264 million people experience depression globally. Depression can be caused by a variety of factors, including biological, genetic, environmental and psychological factors. Some of the most common symptoms of depression include persistent feelings of sadness or emptiness. Bipolar disorder is another type of mood disorder that is characterized by episodes of mania and depression. Individuals with bipolar disorder experience extreme shifts in mood, energy and activity levels. During manic episodes individuals may feel euphoric have racing thoughts and engage in impulsive behavior.

During depressive episodes individuals may experience feelings of sadness, hopelessness and a lack of interest in activities. Bipolar disorder affects approximately 2.8% of adults in the United States of America, and it can be caused by a combination of genetic, environmental and biological factors. Some of the most common symptoms of bipolar disorder include Cyclothymia is a milder form of bipolar disorder that is characterized by less severe shifts in mood. Individuals with cyclothymia experience periods of hypomania and mild depression which may not interfere significantly with daily functioning. Persistent depressive disorder is another type of mood disorder that is characterized by persistent feelings of sadness and a lack of

interest in activities. This condition is also known as dysthymia and can last for years with symptoms. Mood disorders can have a significant impact on an individual's life and they may lead to social, occupational and academic impairment. These conditions can also increase the risk of substance abuse, suicide and other mental health problems. Therefore it is essential to seek treatment for mood disorders as soon as possible. Treatment for mood disorders may include medication, psychotherapy or a combination of both. Medications used to treat mood disorders include antidepressants, mood stabilizers and antipsychotic medications. These medications can help regulate mood and reduce symptoms of depression, mania or hypomania. However it is essential to work closely with a mental health professional to determine the appropriate medication and dosage. Psychotherapy is another type of treatment that can be helpful for individuals with mood disorders. Psychotherapy involves talking with a mental health professional to address underlying emotional and psychological issues that may contribute to mood problems. Different types of therapy can be used to treat mood disorders including Cognitive-Behavioral Therapy (CBT), interpersonal therapy and psychodynamic therapy. These therapies can help individuals learn coping skills improve their communication and relationship skills and develop a more positive outlook on life. In addition to medication and psychotherapy there are other lifestyle changes that can help individuals managing their mood disorders. Exercise, a healthy diet and getting enough sleep can all have a positive impact on mood. Engaging in enjoyable activities and maintaining social connections can also help individuals feel better. It is essential to note that treatment for mood disorders may require a trial and error approach. It can take time to find the right medication and dosage or the most effective type of therapy. Therefore, it is important to be patient and persistent in seeking treatment.

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