

# Mood disorders

Psychology



Mood Disorders of affiliation Mood Disorders Mood disorders refer to disorders, which are characterized by disruptions in mood. They are primary depressive, bipolar and dysthymic disorders. Essentially, the depressed mood lies along a range. It ranges from a short moment of sadness to disappointment or in some cases, irritability. According to the Naseem & Abdullah (2013) the prevalence of mood disorders in children and teenagers is estimated at 6%. This indicates that measures of treating these disorders need to be apt in order to suppress these behaviors during early ages. In cases of adults, an estimated 8% experience primary depression at some point in life. It is notable that cases of onset of mood disorders are attributed to adolescence.

According to Ghaemi (2008) individuals with depression feel valueless, gloomy and empty. These feelings have a negative effect of impairing efficient functionality. In addition, the victims lose interest in their normal activities. On the other hand, the individuals with mania are excessively active. According to Ghaemi (2008) an estimated 20 percent of all patients with bipolar mood disorder undergo their initial manic occurrence during teenage years. At this time, it is difficult to differentiate between stern forms of Attention Deficit Hyperactivity Disorder (ADHD) (Scribante, 2010).

According to Stephen (2007) explains that the moods attributed to bipolar disorder are not driven life vents but the own force of the victims.

According to National Institute of mental Health (2002) various associated disorders to depressive disorders occur. Some of them include anxiety, substance abuse, oppositional defiant disorder and somatoform among others. On the other hand, the associated disorders to the bipolar condition include attention deficit hyperactivity, conduct and substance use disorders.

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The case of the associated disorders is aligned to the children and adolescents (Bruce, 2010).

### Thesis Statement

This essay seeks to explore the causes, symptoms and treatment of various mood disorders relative to the present and previous research. Some of the types of mood disorders that will be explored in this essay include bipolar, depressive and dysthymic disorders. In addition, the essay will seek to identify the gap that exists in the research of this topic. The paper will offer alternatives in filling the research gap.

### Purpose and Objective of the study

The rationale of this paper is examining the aspects that surround various mood-disorders. The study sought to meet the following objectives

1. Explore the vulnerable age of mood disorder and attributed causes
2. Explain the symptoms and treatment options of the mood disorders
3. Suggest possible recommendations on the control and treatment alternatives
4. Discuss initial intervention methods towards suppressing the disorders, particularly on the children and teens.

### Methodology

#### Research Design

Research design can be defined as the general outline, which is used to produce solutions to the research problems (Ghaemi, 2008). This study lies under the suggestive survey research design. The survey approach as a method will be applied to examine populations by selecting samples and determining occurrences. The descriptive survey design will be used in this research to allow the cross referencing of data.

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