

# Effects of Mood Disorders in Children and Adolescents

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## Description

Mood disorder is a mental health problem which will affect the person emotional state. In this disorder a person can experience long periods of extreme happiness, extreme sadness, or both. These are a group of behavioral disorders in which a person's mood changes are the main underlying feature.

Mood disorders are classified into seven groups, including abnormally elevated moods, such as mania or hypomania, and low mood. The most famous and most studied is major depression (MDD) (also known as clinical depression, unipolar depression). Depression or psychiatric syndromes have milder symptoms, such as dysthymia (similar to MDD but less severe) and circulatory disorders (similar to BD but less severe). It can also be material-induced or occur due to medical conditions.

Doctors and researchers believe that childhood mood disorders are still one of the least diagnosed health problems. Undiagnosed mood disorders may put children at risk in conditions such as wild behaviours and drug addiction, which persist after the mood disorder is treated. Children and adolescents with mood disorders do not always show the same symptoms as adults. So it is difficult for a parent to identify the problem in their children as they cannot express their thoughts or feelings.

**Bipolar disorders:** Bipolar disorder (BD) is an unstable emotional condition characterized by abnormal, persistent high mood (mania) and low mood (depression), which was known as "manic depression"

Bipolar is characterized by the presence or history of one or more manic incidents or without a major depressive disorder.

Bipolar II consisting of regular periodic hypomanic and depressive incidents. The cyclic disorder is a form of bipolar disorder consisting

of recurrent hypomanic. Bipolar disorder-not otherwise specified (BDNOS), sometimes referred to as "subliminal" biphasic, indicates that the patient has some symptoms on the biphasic spectrum (manic and depressive symptoms) but does not fully comply with all three DS-MIV formal biphasic.

Estimated that roughly 1% of the adult population has bipolar I, a further 1 percent has bipolar II or cyclothymia, and somewhere between 2 to 5 percent have "sub-threshold" forms of bipolar disorder.

A small number of bipolar disorder patients are very creative and artistic. Before the manic period, they will be more extreme. In addition, a person can suffer from mood disorders that coexist with Medication use disorders. Medication-induced mood disorders can be characterized by manic, hypomanic, mixed, or depressive episodes. Most substances can induce various mood disorders. For example, stimulants such as amphetamine, methamphetamine, and cocaine can cause mania, hypomania, mixed and depressive episodes. Heavy drinkers and alcoholics are at high risk for major depression.

The previous debate has revolved around whether people who drink and suffer from depression self-treat their pre-existing depression. However, recent studies have concluded that although this may be true in some cases, alcohol abuse leads directly to depression in large numbers of alcoholics.

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