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Dysphoria

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Synonyms

[Depression](#); [Dysthymia](#); [Melancholy](#); [Restlessness](#)

Definition

Dysphoria is a broad word applied to a spectrum of conditions from sadness and depression to anxiety and mania. It is described as an unpleasant mood or the absence of positive mood and can encompass feelings and symptoms such as sadness, anxiety, restlessness, irritability, hopeless,

and extreme fatigue. Dysphoria is used to explain feelings from sadness of grief to irritability and mania of bipolar disorder. Patients who exhibit dysphoria may perform poorly on neuropsychological tests, especially on measures that require rapid responses.

Cross-References

- [Anxiety](#)
- [Major Depression](#)

References and Readings

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