Mood Disorder

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Synonyms

[Affective disorder](#); [Clinical depression](#);
[Depressive disorder](#)

Definition

A mood disorder is a psychological disorder in which a disturbance in mood (i.e., elevated mood, depressed mood, or a combination of both) is the main feature (DSM-5 [2013](#)). Currently, mood disorders are divided into two separate chapters: Depressive Disorders and Bipolar and Related Disorders (DSM-5 [2013](#)). Nine total diagnoses

exist under Depressive Disorders including Disruptive Mood Dysregulation Disorder, Major Depressive Disorder, and Persistent Depressive Disorder (Dysthymia; see DSM-5 for complete list). Seven total diagnoses exist under the Bipolar and Related Disorders including Bipolar I Disorder, Bipolar II Disorder, and Cyclothymic Disorder (see DSM-V for exhaustive list).

Cross-References

- [Bipolar Disorder](#)
- [Major Depression](#)

References and Readings

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5* (5th ed.). Washington, DC: American Psychiatric Association.