

Mood

A mood is an emotional state. Moods differ from emotions, feelings or affects in that they are less specific, less intense, and less likely to be triggered by a particular stimulus or event. Moods generally have either a positive or negative valence. In other words, people typically speak of being in a good mood or a bad mood.

Mood also differs from temperament or personality traits which are even longer-lasting. Nevertheless, personality traits such as optimism and neuroticism predispose certain types of moods. Long-term disturbances of mood such as clinical depression and bipolar disorder are considered [mood disorders](#). The mood is an internal, subjective state but it often can be inferred from posture and other behaviors. "We can be sent into a mood by an unexpected event, from the happiness of seeing an old friend to the anger of discovering betrayal by a partner. We may also just fall into a mood."

[Memory impairment](#) and [mood](#) disorders are among the most troubling sequelae following [traumatic brain injury](#) (TBI). The relationships between comorbid psychiatric disorders and memory function have not been well illustrated.

More depressive symptoms rather than [anxiety](#) symptoms and less years of education are significant predictors for posttraumatic [memory dysfunction](#) ¹⁾.

Mood swing

Mood swings refer to sudden changes in a person's emotional state or mood, often without an apparent reason. They can range from feeling extremely happy and elated (euphoria) to feeling sad and depressed, anxious, irritable, angry, or agitated.

Mood swings are a common symptom of several mental health conditions, including bipolar disorder, borderline personality disorder, depression, anxiety disorders, and premenstrual syndrome (PMS). They can also be caused by external factors, such as stress, lack of sleep, poor nutrition, drug or alcohol use, or hormonal changes.

To manage mood swings, it's important to identify and address the underlying cause. For example, treating a mental health condition or practicing stress management techniques can help reduce mood swings. Other strategies that may help include practicing regular exercise, getting enough sleep, eating a healthy diet, avoiding alcohol and drugs, and seeking support from friends and family.

If mood swings are interfering with daily life or causing significant distress, it's important to seek help from a mental health professional who can provide an accurate diagnosis and appropriate treatment.

¹⁾

Li G, Han X, Gao L, Tong W, Xue Q, Gong S, Song Y, Chen S, Dong Y. Association of [Anxiety](#) and Depressive Symptoms with [Memory](#) Function following Traumatic Brain Injury. Eur Neurol. 2021 Jun 28;1-8. doi: 10.1159/000513195. Epub ahead of print. PMID: 34182550.

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