

A [mood](#) disorder is a type of mental illness that affects a person's emotional state, leading to abnormal or extreme fluctuations in mood, energy, and activity levels. There are several types of mood disorders, including major depressive disorder, bipolar disorder, and cyclothymic disorder.

Major depressive disorder is characterized by a persistent feeling of sadness, hopelessness, and loss of interest in activities that the person once enjoyed. It can cause physical symptoms such as changes in appetite or sleep patterns and can lead to thoughts of suicide or self-harm.

Bipolar disorder involves periods of extreme highs, known as mania or hypomania, and periods of depression. During the manic phase, a person may experience high energy levels, racing thoughts, and impulsive behaviors. During the depressive phase, they may experience the same symptoms as someone with major depressive disorder.

Cyclothymic disorder involves periods of hypomania and mild depression that are not severe enough to meet the criteria for bipolar disorder.

Treatment for mood disorders often involves a combination of medication, therapy, and lifestyle changes, such as exercise and stress reduction techniques. With proper treatment and support, many people with mood disorders are able to manage their symptoms and lead fulfilling lives.

[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⁾.

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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