o **Biological Treatments**: including various use of chemicals(drugs) to treat some of the effects of mood disorder but it depends because person with mood disorder can switch his mood from depression to mania. and in this case different medicines can be suggested by doctors including SSRI, SNRI, MAOIs or ant depressants etc. Other treatments may include ECT and mood stabilizers like Lithium or anticonvulsant etc.

o **Psychological Treatments** including: There are many psychological treatments can be used in mood disorders like behaviour therapy, cognitive or combination (CBT) family focused or rhythm therapy.

- Behaviour therapy core elements are core believes hidden behind depression, anxiety and

- Cognitive therapy core elements are core thoughts that are responsible for negative through pattern that are responsible for disorder.

 - CBT core believes are beliefs and automatic thoughts.

**Cognitive Behaviour therapy**

Cognitive behavioural therapy combines the principles of cognitive psychotherapy and behavioural therapy that was actively developed in the 1950s. However, in its present-day form, cognitive behavioural therapy has evolved when these therapies were systematically combined in the 1980s and 1990s. In the history of cognitive behavioural therapy, both the underlying theories and methods are central to the knowledge and experimental methods studied. This, on the other hand, provides a solid scientific basis for the trend and its development and, on the other hand, directs its focus to phenomena that can be scientifically measured, such as external symptoms and practices. Common exercises include various relaxation methods, experimenting with new practices and training, gradual exposure exercises, and so-called 'practice' exercises. “Mindfulness” exercises, where you practice your own thoughts and feelings in a spirit of acceptance, just putting them in the mark and not interpreting them anymore.

**Interpersonal and social rhythm therapy**

This therapy reduces the stress of your life. Because stress activate bipolar disorder, this method can aid to reduce mood cycling. It helps in consistent practices of eating, sleeping, and activity. It also helps in stabilizing personal relationships

**Family-oriented care**

Family-centred care helps to resolve stress and built healthy relationship with other family members. It also helps in improving communication and provide education about disease to other family members.

**Comparison of therapies**

Combination of various therapies can be more effective then using single approach like using drug therapy with psychotherapy or CBT. However, the relapse rate in different mood can be effected if one treatment discontinued.

References

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