Mood Disorders and Life Stages

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**Question Number 1**

After reading both the case studies, the case of Mark identifies more with the mood disorder than in Jeff’s case. According to the most recent criteria of DSM-V, symptoms for mood disorder indicate the total loss or interest in the deeds which once the person enjoyed,

loss or excessive gain of appetite, insomnia or sleeping disorder, anxiety, fatigue, crying, no energy for taking care of things, feelings of sadness, isolation, worthlessness and hopelessness, decision making problems, guilty feelings, irritability and suicide ideation (Goodday et al., 2017). These symptoms are more or less present in Mark and indicate the presence of a mood disorder.

**Question Number 2**

For diagnosing the mood disorder, above mentioned symptoms should prevail in the patient for at least two weeks, and then they should be diagnosed by a healthcare professional (Zarate Jr, 2017). These symptoms most obviously affect the everyday working of life as it has affected Mr. Mark’s.

**Question Number 3**

The causal factors may include hereditary or biological, environmental or psychological factors. The causes of mood disorder are still unknown to the scientists, and many theories have been produced regarding this issue, but none has been verified yet, i.e., neurotransmitter imbalance theory (Lozano, & Mayberg, 2018).

**Question Number 4**

The treatments strategy includes psychotherapy and medication. Anti-depressants and anti-anxiety medicines are given to the individual to alleviate the psychological distress along with the psychotherapies. Cognitive behavioral therapy is also one of the most effective therapy for patients of mood disorder. In severe mood disorders, patients are often hospitalized after they inflict any harm on themselves.

**Question Number 5**

The mood disorder is aggravated in old age due to resistance and stubbornness with one’s own issues. As in the case of Mark, the causal factor for mood disorder is chronic depression which he got due to psychological and environmental issues. The treatment strategies would differentiate for Mr. Mark as he would need anti-depressants along with CBT to get an effective treatment.

**References**

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