### The Mood Disorders

#### Major Depression
- Loss of interest or pleasure in almost all activities
- Despondent mood, feelings of emptiness, worthlessness, or excessive guilt
- Preoccupation with death or suicidal thoughts
- Difficulty sleeping or excessive sleeping
- Diminished ability to think, concentrate, or make decisions
- Diminished appetite and significant weight loss

#### Dysthymic Disorder
- Chronic, low-grade depressed feelings that are not severe enough to qualify as major depression

#### Seasonal Affective Disorder (SAD)
- Recurring episodes of depression that follow a seasonal pattern, typically occurring in the fall and winter months and subsiding in the spring and summer months

#### Bipolar Disorder
- One or more manic episodes characterized by euphoria, high energy, grandiose ideas, flight of ideas, inappropriate self-confidence, and decreased need for sleep
- Usually, one or more episodes of major depression
- In some cases, may rapidly alternate between symptoms of mania and major depression

#### Cyclothymic Disorder
- Moderate, recurring mood swings that are not severe enough to qualify as major depression or bipolar disorder