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A SHORT REVIEW ON MOOD CHAOS

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ABSTRACT

The present study aims to review mood chaos / mood disorders focussing on Maniac event and Major Depressive episode. Major reasons or factors responsible for, aetiology in population and discussion of various theories in relation to that.

Methods: This was a review on medical and psychological literature.

KEYWORDS: Mood Chaos, Stress, Psychoanalytical Approach.

INTRODUCTION

A continued feeling that is experienced internally is classified as mood also the same feeling impacts individual behavior as well as perception.⁴ The external expression of mood is affect. There are many categories of mood disorders.⁷ Depression and Mania are classified as mood disorders.^{8,9} Basically it consists of category of illnesses that describes a

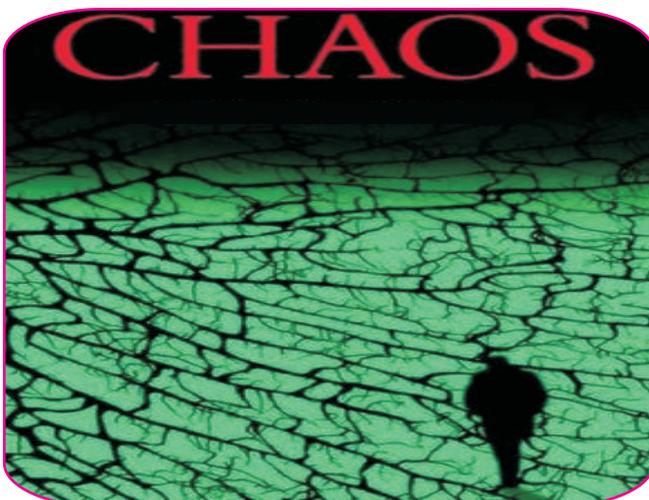
serious change in mood. It is a kind of a condition consists of many symptoms like loss of control in senses, decreased sleep, grandiosity feelings, loss of energy, excessive energy and there may be difficulty in attention and concentration. Let us review one by one different kinds of mood disorders.^{9,10,11}

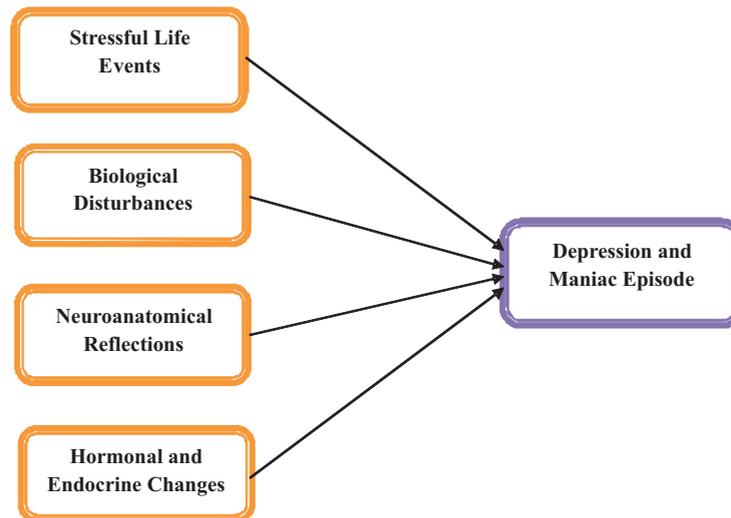
Maniac event: In Maniac event there can be elevated, expansive or irritable mood. There can be possible elation in mood as well irritability factor in mood.^{2,14,16}

Major Depressive Episode: Is also known as unipolar depression. Depression without elated moods touching highs is referred to as unipolar depression because the mood still remains totally down and does not climb high.¹³ It is very important for a person suffering from this classified disease seeks the help of professional as it will dramatically increase the treatment strategy as well as coping strategy.^{14,16}

VARIOUS APPROACHES TO MOOD CHAOS

There are various approaches that contribute to reasons behind this. The exact aetiology of mood disorder is not clear yet although there are various theories that have contributed to it like biological disturbances, disturbances in neurotransmitters, hormonal and endocrine changes at different levels, neuroanatomical reflection, various life stressful events, psychoanalytical approach, cognitive approach to mood disorders as well as cognitive behavioral approach to mood disorders.^{1,13,15} Figure added down illustrates various factors leading to Mood Chaos.





Possible Factors Leading to Mood Chaos

Stress is considered to contribute a lot in precipitating mood chaos, as initially there can be symptoms of stress or related predominantly to stress later on these symptoms can be a part or preceded by Depression or Maniac events in life. It is very important for individuals to manage and timely release stress with variety of tools so that in today's modern life one can be away from classified mood chaos. So even in the absence of any external precipitating factor if individual has consistently been exposed to stress in past it may change the neuro activity and it can lead to acute onset of mood chaos. There is possibility of comorbidity of Depression with other illnesses also.³ Positivity in life plays an important role with naturally fighting defence mechanisms. Persons generally having tendencies to project them negatively and always taking pessimistic view in relation to anything to everything are more tend to be attacked my mood chaos as discussed up in the introduction. From point of view of psychoanalysis if there is any disturbance between mother and infant relationship that can precipitate Depression as per Sigmund Freud and expanded by Karl Abraham approach.^{13,16} It can be linked to loss of real or perceived object. Depression can also be viewed as explosion of aggression towards loved ones as opined by Melanie Klein.¹³ There are many theories that have contributed towards Mania as defence against underlying depression. According to Melanie Klien mania is also a kind of defensive reaction to Depression. The Maniac defences according to Melanie Klein are omnipotence which develops to delusion of grandiosity for example.¹³ Depression is more intense than a simple bad mood. A bad mood usually gone in few days time but depression can last for longer period of time. You will be going to school or even at work if you are in a bad mood but depression can stop you from doing this kind of activity. It is very normal to have these kinds of symptoms in everyday's life's unless or until symptoms have started interfering in your life, like relationships, occupational life or even personal life. Depression and Maniac episode is very much treatable while it affects people from all ages, races and classes.

DISCUSSION AND CONCLUSION

Psychoanalysis focuses to treat mild to moderate chronic life problems. It focuses on relationship between mental conscious and unconscious processes.^{5,6} The main focus of this intervention is to help patient in bringing more control on his life by bringing unconscious mental material to conscious level. It is not recommended in many psychotic disorders or severe neurotic disorders. It is more result oriented in less and milder forms of neuroticism and life problems related to mental health. Basic techniques used are therapist neutrality, free association, alliance and transference followed by interpretation and working through.¹² Many positive trials have happened in treatment of mood with psychoanalytical therapies in various parts of the world. The aim of these trials was to measure or see the effectiveness of therapeutic

interventions in the treatment and relapse prevention of depression in young people. These therapies consisted of cognitive behaviour therapy, short term psychoanalytic psychotherapy and specialist clinical care in the clinical trial relevant to my study with Impact.^{5,6} It is very important to consider psychodynamic causes for depression and Manic disorder if there are any as it can be great therapeutic help from clinical management point of view. We have many psychodynamic implications that can relate to depression as anger converted to self hatred. The theory of psychodynamics has evolved over time because of its long history there are many variations available today. Depression can also be due to consistent struggle that depressed people tolerate and try to maintain emotional contact with wanted objects. When there is any kind of disruption between a care giving relationship or relationship from primary object that is important to person it can lead to precipitating factor for Depression. Failing of standards that individual person sets in his or her life especially when these standards are not achieved that can also lead to pathological behaviour.

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