

Mood and Affect List

Mood

Mood refers to the sustained emotional tone that prevails over time for a patient. It reflects the individual's internal emotional experience and may be reported directly by the patient or inferred by the evaluator.

Examples:

- **Euthymic mood:** A stable and balanced emotional state, free from significant highs or lows. The patient may describe feeling calm, content, or neutral.
- **Irritable mood:** A heightened sensitivity to frustration or anger, where the patient is easily annoyed or impatient. Commonly reported as feeling "on edge" or frustrated.
- **Pessimistic mood:** A pervasive negative outlook, characterized by feelings of hopelessness or helplessness. The patient may express beliefs that the future is bleak or that improvement is unlikely.
- **Depressed mood:** A persistent state of sadness, emptiness, or loss of interest in activities. Patients may describe feelings of worthlessness or an inability to experience pleasure.
- **Hypomanic mood:** An abnormally elevated or expansive emotional state, often accompanied by increased energy or irritability. It may include impulsivity or a sense of grandiosity.
- **Euphoric mood:** An intense and disproportionate feeling of happiness or elation, often unrelated to the current situation.

Affect

Affect refers to the observable behavioral expression of emotion and is often considered the outward manifestation of mood. It is evaluated through the patient's facial expressions, tone of voice, body language, and overall behavior.

Examples:

- **Appropriate affect:** The patient's outward emotional expression (facial expressions, tone of voice, body language) aligns with their reported mood and the situation.
- **Labile affect:** Rapid and unpredictable shifts in emotional expression that may not necessarily correspond to the situation or the patient's reported mood.
- **Restricted affect:** A limited range of emotional expression. The patient may appear somewhat subdued or unemotional even when discussing topics that would typically evoke a stronger response.
- **Blunted affect:** A marked reduction in emotional expression. The patient may appear flat or emotionless, regardless of the situation or their reported mood.
- **Flat affect:** A complete absence of emotional expression. The patient's face appears emotionless, their voice lacks inflection, and their body language shows minimal variation.