

Mood and Affect List

Definition of Mood	
Refers to a persistent, internal feeling state. Think of it as the underlying emotional climate you experience for a sustained period. Mood can be influenced by various factors, including life events, personality, and mental health conditions.	
Mood	
Euthymic mood	A normal range of mood, neither abnormally elevated nor depressed. The patient describes feeling happy, content, calm, or neutral.
Irritable mood	A state of easily provoked anger or annoyance. The patient may report feeling frustrated, impatient, or on edge.
Pessimistic mood	A negative outlook on the future. The patient may express feelings of hopelessness, helplessness, or a belief that things will not improve.
Depressed mood	A persistent feeling of sadness, loss of interest, or pleasure. This can be a symptom of Major Depressive Disorder.
Hypomanic mood	An abnormally elevated, irritable, or expansive mood. This can be a symptom of Bipolar Disorder.
Euphoric mood	A state of intense happiness or elation that is not necessarily grounded in reality. This can be a symptom of Bipolar Disorder.
Definition of Affect	
Refers to the outward expression of emotion. Think of it as the observable weather patterns reflecting your emotional state. This includes facial expressions, body language, tone of voice, and overall behavior. Affect can be fleeting and changeable compared to mood.	
Affect	
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.

Affect	
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.
Additional Notes	

Reference: Martin, D. C. (1990). The mental status examination. In Clinical methods: The history, physical, and laboratory examinations. Butterworths.