



Mood Disorders: Historical Evolution, Contemporary Treatment and Future Directions

Introduction

Mood disorders are mental health conditions characterised by disturbances in emotional state, including depression and bipolar disorder. According to ICD-11, they significantly affect functioning and quality of life.

Types of Mood Disorders

- Depressive Disorders
 1. Major Depressive Disorder
 2. Persistent Depressive Disorder
- Bipolar Disorders
 3. Bipolar I
 4. Bipolar II
- Other
 1. Cyclothymia

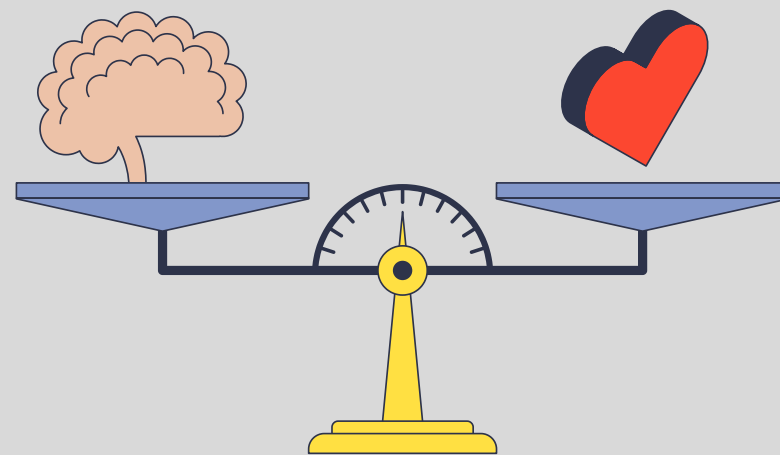


Historical Perspective

- Pre-20th century: spiritual interpretations
- Institutionalisation in early psychiatry
- 1950s: antidepressants introduced
- Modern: biopsychosocial model

Social, Cultural & Political Context

- Stigma limits help-seeking
- Cultural beliefs affect diagnosis
- Policies shape care systems
- Inequality impacts access



Contemporary Treatments

1. Pharmacological
 - Antidepressants
 - Mood stabilisers (e.g. lithium)
2. Psychological Therapies
 - Cognitive Behavioural Therapy (CBT)
 - Interpersonal Therapy
3. Social Interventions
 - Community support
 - Early intervention services

Critical Analysis

- Improvements in treatment, but unequal access persists
- Over-reliance on medication in some systems
- Need for more person-centred care
- Stigma still affects diagnosis and recovery

Reference

Foucault, M. (1961) *Madness and Civilization: A History of Insanity in the Age of Reason*. London: Routledge.
Engel, G.L. (1977) 'The need for a new medical model: a challenge for biomedicine', *Science*, 196(4286), pp. 129-136.

World Health Organization (2019) *International Classification of Diseases 11th Revision (ICD-11)*. Available at: <https://icd.who.int/> (Accessed: 26 March 2026).

National Institute for Health and Care Excellence (NICE) (2022) *Depression in adults: treatment and management*. Available at: <https://www.nice.org.uk> (Accessed: 26 March 2026).

Recommendations

- Increase mental health awareness and education
- Improve access to early intervention services
- Promote culturally sensitive care
- Strengthen policies addressing inequality
- Encourage holistic (biopsychosocial) approaches

Conclusion

Mood disorders have evolved from misunderstood conditions to well-recognised mental health disorders. Despite advancements in treatment, social stigma and inequalities continue to impact care.

Future approaches must focus on inclusivity, accessibility, and holistic treatment