



## Relationship between creativity and mood disorder

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### Abstract

In present article author has dealt with creativity and Mood Disorder further she explored the concept of link between creativity and mood disorder that people are most creative when they are in positive mood. Creativity itself is associated with positive moods, happiness, and mental health etc. stressful conditions may causes mood disorders and directly affect the creativity.

**Keywords:** Creativity, mood disorder (bipolar disorder, depression, mania etc)

### Introduction

Due to some Environmental factors like, frustration, Abuse, mental stress, depression, failure, or some other traumatic event may contribute to or trigger mood disorder. Researches has shown there is no known cure for mood disorder, but symptoms can be managed with a combination of psychiatric medication and psychotherapy. Long-term effects can be Minimized through treatment, especially when they are caught early on. In my experience I have seen many of teenagers suffering from the same environmental causes discussed above so it is necessary to become familiar with mood disorder among them which affects their mental abilities like creativity, decision making, application, analysis, synthesis etc.

### Creativity

Creativity is the ability of a person or group to make something new and useful or valuable, or the process of making something new and useful or valuable. It happens in all areas of life - science, art, literature and music. As a personal ability it is very difficult to measure. The reason is that we don't understand the mental processes that help some people be more creative than others. Judging what is creative is also controversial. Some people say only things which are historically new are creative, while other people say that if it is new for the creator and the people around them, then it is also creativity.

### Mood disorder

There's a lot to know about mood disorders. Mood disorders are mental illnesses like depression, bipolar disorder, and anxiety. Having a Mood Disorder is not a choice, nor is it a sign of weakness. They are real medical conditions, just like heart disease and diabetes, and your chances of having a mood

disorder increase if you have a family history with mental illness.

Depression is another common Mood Disorder affecting the people. Depression is more than being sad. Depression affects your thoughts, feelings, physical health and behaviors for weeks at a time, making it difficult to do normal day-to-day activities.

Bipolar Disorder (BD), though less common, is a serious mental illness affecting 3-5% of the population. Those with BD experience intense mood swings from mania (extreme elevated mood) to depression.

It's important to learn about mood disorders and understand the signs and symptoms because it is likely that in your lifetime, you or someone you know will be affected by one.

But perhaps the most important things to know about Mood Disorders are:

1. **They are not your fault.** You didn't do anything wrong. Mood disorders are medical illnesses and genetics, biological factors, are all risk factors.
2. **They are very common.** It's estimated that 1 in 5 people will struggle with a mood disorder in their lifetime. They affect people of every profession and every walk of life; mood disorders don't discriminate!
3. **They are treatable illnesses.** Most people who seek treatment will recover and go on to live fulfilling, productive lives. Treating a Mood Disorder can be a trial and error process but be optimistic! The right treatment is out there.

Knowing all of this, it may come as a surprise to learn that only 1 of 4 people living with a Mood Disorder will seek help for their condition. This may be because they are too afraid to talk

about it, they may not know where or how to get help, or they may not realize that they're experiencing a treatable illness. Whatever their reason may be, we hope that this website will be a great resource for them as they begin to understand, recognize, and seek help for their mood disorder.

### **Link between Creativity and Mood disorder**

The concept of a link between creativity and mental illness has been extensively discussed and studied by psychologists and other researchers for centuries. Parallels can be drawn to connect creativity to major mental disorders including: bipolar disorder, schizophrenia, major depressive disorder, anxiety disorder, and ADHD. For example, studies have demonstrated correlations between creative occupations and people living with mental illness. There are cases that support the idea that mental illness can aid in creativity, but it is also generally agreed that mental illness does not have to be present for creativity to exist.

### **Mood and creativity**

Mood-creativity research reveals that people are most creative when they are in a positive mood and that mental illnesses such as depression or schizophrenia actually decrease creativity. People who have worked in the field of arts throughout the history have had problems with poverty, persecution, social alienation, psychological trauma, substance abuse, high stress and other such environmental factors which are associated with developing and perhaps causing mental illness. It is thus likely that when creativity itself is associated with positive moods, happiness, and mental health, pursuing a career in the arts may bring problems with stressful environment and income. Other factors such as the centuries-old stereotype of the suffering of a "mad artist" help to fuel the link by putting expectations on how an artist should act, or possibly making the field more attractive to those with mental illness. Additionally, where specific areas of the brain are less developed than others by nature or external influence, the spatial capacity to expand another increases beyond "the norm" allowing enhanced growth and development.

### **Positive correlation between creativity and mood disorder**

Several recent clinical studies have also suggested that there is a positive correlation between creativity and bipolar disorder, although the relationship between the two is unclear. Temperament may be an intervening variable. Ambition has also been identified as being linked to creative output in people across the bipolar spectrum.

Brain simulations built from artificial neural nets manifest the classic psychopathologies as they push themselves toward higher levels of creativity.

### **Symptoms**

The symptoms of Mood disorder due to a general medical condition are the same as during other types of depressions...sadness, emptiness, loss of interest and pleasure in activities, irritability and anger, changes in appetite, sleep problems, restlessness, slow movement and thinking, fatigue, worthlessness and guilt, poor concentration, thoughts about death and suicide. The manic symptoms experienced during Mood disorder due to a general medical condition are the same

as those experienced during other Manic episodes...elation, confidence, delusional thinking, high level of energy, increased activity, productivity, loud and rapid speech, racing thoughts, risky behaviour, impulsive behaviour, increased sexual behaviour, over spending, fast reckless driving, wild business schemes, over eating, drinking too much, irritability, anger and agitation

### **Causes**

Mood disorder due to general medical condition is characterised by depression or manic episode which are caused by a medical condition.

Depressive disorder due to general medical condition affect a lot of people. There are many medical conditions which can cause mood disorder due to a general medical condition. These include:

- 1: Parkinson Disease.
- 2: Multiple Sclerosis.
- 3: Seizure Disorder.
- 4: Diabetes.
- 5: Parathyroid Disorder.
- 6: Thyroid Disorders.
- 7: Heart Disease.
- 8: HIV/AIDS.
- 9: Cancer.
- 10: Stroke.

### **Diagnosis**

The diagnostic criteria for mood disorder due to general medical condition is when:

- a) The person has significant disturbance in mood that includes either of depressed mood or significantly reduced level of interest in most of all activities, mood that is euphoric, heightened, or irritable,
- b) The persons symptoms are directly related to the presence of a medical condition,
- c) Another disorder doesn't better explain the mood disturbances,
- d) The mood condition is not present only when a person is delirious,
- e) The symptoms are a cause of great distress or difficulty in functioning at home, work, or other important areas.

Therefore, understanding common Psychiatric symptoms and the medical diseases that may cause or mimic them is of utmost importance. Failure to identify these underlying causal medical conditions can be potentially dangerous because serious and frequently reversible conditions can be overlooked.

### **Treatment**

Treatment for Mood disorder due to a general medical condition must include treatment of the medical condition causing the depression or Manic disorder. Psychiatric and Psychological treatment of the Mood disorder is also often needed. Psychiatric treatment will include medication and Laughter Therapy to reduce the depressive or manic symptoms. Psychological treatment will provide the person with emotional support and help him/her develop coping skills and enhancing the creativity.

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