

# Euthymia (medicine)

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**Euthymia** is a normal non-depressed, reasonably positive mood.<sup>[1]</sup> It is distinguished from hyperthymia, which refers to an extremely happy mood, and dysthymia, which refers to a depressed mood. It is a term used frequently in mental status exams.

The term is also sometimes used referring to the neutral mood (absence of a depressive or manic cycle) that some people with bipolar disorder experience with varying frequency.

## See also

- Dysphoria
- Hypomania
- Major depression
- Mania

## References

- ↑ http://en.wiktionary.org/wiki/euthymia

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