

[MENU](#)[Log in to Patient Account](#)
[English](#)[Request an Appointment](#)
[Find a Doctor](#)
[Find a Job](#)
[Give Now](#)**REVIEWED***By Chris Tighe at 10:43 am, Jul 18, 2018*[Patient Care & Health Information](#) [Diseases & Conditions](#)

Cyclothymia (cyclothymic disorder)

[Request an Appointment](#)[Symptoms & causes](#) [Diagnosis & treatment](#) [Doctors & departments](#) [Care at Mayo Clinic](#)

Overview

[Print](#)[Advertisement](#)

Cyclothymia (sy-kloe-THIE-me-uh), also called cyclothymic disorder, is a rare mood disorder. Cyclothymia causes emotional ups and downs, but they're not as extreme as those in bipolar I or II disorder.

With cyclothymia, you experience periods when your mood noticeably shifts up and down from your baseline. You may feel on top of the world for a time, followed by a low period when you feel somewhat down. Between these cyclothymic highs and lows, you may feel stable and fine.

Although the highs and lows of cyclothymia are less extreme than those of bipolar disorder, it's critical to seek help managing these symptoms because they can interfere with your ability to function and increase your risk of bipolar I or II disorder.

Treatment options for cyclothymia include talk therapy (psychotherapy), medications and close, ongoing follow-up with your doctor.

Symptoms

Cyclothymia symptoms alternate between emotional highs and lows. The highs of cyclothymia include symptoms of an elevated mood (hypomanic symptoms). The lows consist of mild or moderate depressive symptoms.

Cyclothymia symptoms are similar to those of bipolar I or II disorder, but

Please see Important Safety Information including **Boxed Warnings**, be full [Prescribing Information](#).

If you're struggling with bipolar depression

IMPORTANT SAFETY INFORMATION AND INDICATIONS FOR LATUDA
INCREASED MORTALITY IN ELDERLY PATIENTS WITH DEMENTIA-RELATED PSYCHOSIS; and SUICIDAL THOUGHTS AND BEHAVIORS

Mayo Clinic does not endorse companies or products. Advertising revenue supports our not-for-profit mission.

Advertising & Sponsorship

[Policy](#) | [Opportunities](#) | [Ad Choices](#)

Mayo Clinic Marketplace

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic

[The Last Diet You'll Ever Need](#)[Mayo Clinic on Healthy Aging](#)[A New Perspective on Alzheimer's](#)[Stop Osteoporosis in its Tracks](#)