

CSE 440

Deliverable 1b

Mood is an aspect of a person that can be volatile and personally harming. According to the Archives of General Psychiatry, over 9.5% of adults in America have a mood disorder every year. More commonly, people have mood swings or are simply in a “bad mood”, which is seen frequently in daily life but may not be classified as a disorder. Some of the things that cause these changes in mood may be internal factors for a person, but many unknown or unacknowledged external factors affect an individual’s mood as well.

Factors (both internal and external) can either positively or negatively affect an individual, but trying to understand the internal factors is a complex task, as each individual is so different. Amongst the external factors, understanding what affects a person in a certain way can be an effective means of eliminating factors of stress that an individual may not consciously recognize as being stressful. On the flip side, recognizing positive mood influencers can be extremely beneficial. A more specific problem is to understand what a particular type of external factor (music, food, etc.) does to a person’s mood, and if the factor has the power to positively alter mood. For example, does the music I listen to affect how I’m feeling? If so, can I also tell what mood I’m in based off of the music I’m listening to? The relationship between a particular activity (such as listening to music) and an individual’s mood is an interesting research opportunity that can provide insight into solving a much larger underlying issue of mood swings and potential mood disorders.