

RUNNING TITLE: Mood Spectrum Model Evidence Reconsidered

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Mood Spectrum Model: Evidence reconsidered in the light of DSM-5

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Abstract

The mood spectrum is a dimensional model conceptualized by clinicians and researchers from the Universities of Pittsburgh, New York, San Diego and Pisa. It postulates that signs and symptoms of mood disorders can manifest not only during a full-blown mood episode but also isolated phenomena or in clusters during the entire lifespan, which do not reach the threshold for a categorical diagnosis. Signs and symptoms of mood spectrum may affect quality of life and functioning or interfere with the clinical presentation and with the treatment response of other mental disorders. Aim of this paper is to review the studies conducted in the last fifteen years with the Mood Spectrum Questionnaire (MOODS-SR), an instrument developed to assess the wide area of phenomenology belonging to the mood spectrum. Evidence suggests that the mood spectrum model could help both the researchers and the clinicians in the systematic assessment of those areas of psychopathology that are still neglected by the DSM-5 classification.

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