

TABLE 13.1**Descriptors of Affect**

Affect	Definition	Behavioral Example
Appropriate	Mood is congruent with the immediate situation.	Juan cries when learning of the death of his father.
Inappropriate	Mood is not related to the immediate situation.	When Sue's husband tells her about his terrible pain, Sue begins to laugh out loud.
Stable	Mood is resistant to sudden changes when there is no provocation in the environment.	During a party, Dan smiles and laughs at the appropriate social interchanges.
Labile	Mood shifts suddenly in a way that cannot be understood in the context of the situation.	During a friendly game of checkers, Dorothy, who has been laughing, suddenly knocks the board off the table in anger. She then begins to laugh and wants to continue the game.
Elevated	Mood is one of euphoria not necessarily related to the immediate situation.	Sean bounces around the dayroom, laughing, singing, and telling other clients how wonderful everything is.
Depressed	Mood is one of despondency not necessarily related to the immediate situation.	Leo sits slumped in a chair with a sad facial expression, teary eyes, and minimal body movement.
Overreactive	Mood is appropriate to the situation but out of proportion to the immediate situation.	Karen screams and curses when her child spills a glass of milk on the kitchen floor.
Blunted	Mood is a dulled response to the immediate situation.	When Tom learns of his full-tuition scholarship, he responds with only a small smile.
Flat	There are no visible cues to the person's mood.	When Juanita is told about her best friend's death, she says "Oh" and does not give any indication of an emotional response.