# Dysphoria, Dysphoric Reaction

Dysphoria is a condition in which a person feels unpleasant or uncomfortable.

## CAUSES

Dysphoria has many possible causes including:

- Anxiety disorders
- Psychiatric disorders
- Withdrawal from drugs or alcohol
- Mood disorders
- Manic disorders
- Transgender disorders
- Reactions to medications
- Personality disorders
- Body dysmorphic disorders

## SYMPTOMS

It may include mood changes such as:

- Sadness.
- Anxiety.
- Irritability.
- Restlessness.

It may just be a feeling of wanting to crawl out of your skin.

## TREATMENT

You can discuss the treatment of how you feel with your caregiver. Once they have diagnosed the cause, they can treat it.

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