

# Why Immunodepressive Drugs Alter Moods

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**Formulation of the problem.** Empirical data shows that immunodepressive drugs make people happier; see, e.g., [1, 2].  
Why?

**A possible explanation.** The general idea of such drugs is to decrease the body's reaction to possibly dangerous situations. In mental terms, this means that the person becomes less worried about possibly dangerous situations, more optimistic – thus, happier.

## References

- [1] E. S. Brown and P. A. Chandler, “Mood and cognitive changes during systemic corticosteroid therapy”, *Primary Care Companion Journal of Clinical Psychiatry*, 2001, Vol. 3, No. 1, pp. 17–21.
- [2] D. M. Mitchell and J. V. Collins, “Do corticosteroids really alter mood?”, *Postgraduate Medical Journal*, 1984, Vol. 60, pp. 467–470.