

Mood & Interest in Prader-Willi Syndrome

Temper Outbursts

Individuals with Prader-Willi syndrome often display [temper outbursts](#) and mood fluctuations as a result of changes to their routine. There is some indication however that some individuals may show disruptive behaviours as a result of [communication difficulties](#) and feelings of anxiety that become prominent during adolescence.

Low Mood

Mood fluctuations have been recognised in both adults and children with Prader-Willi syndrome, however it has been predicted that low mood and [self-injurious behaviour](#) may be linked especially when access to food is limited by carers. Therefore it may be important to establish “food security” in which the individual knows when meals will occur and what foods will be served as well as managing changes in routine when supporting a person with Prader-Willi syndrome.

Persistent low mood may indicate [mental health problems](#).

Interests

Individuals with Prader-Willi syndrome tend to have narrow interests. For example individuals may be interested in specific animals, cartoon characters or objects, which they are likely to collect.