**What is the difference between affect and mood?**

• Affect occurs in response to a specific stimulus or an event, but mood can occur without specific stimulus or a reason.

• Affect is instantaneous and instinctual, but a mood takes time to develop and involves thinking.

• Affect is intense and focused, but the mood is diluted and unfocused.

• Affect is short-termed in comparison to mood; mood is long-termed and, therefore, the impacts may be larger and troublesome to cope up.

• Affect has a pin pointed- start and end, but a mood does not have a pin pointed start and end, or difficult to identify.