

Mood Episodes

Depressive episode

At least two weeks of depressed mood or loss of interest or pleasure accompanied by at least four additional symptoms of depression. (Significant weight gain or loss, insomnia or hypersomnia, observable agitation or slowing, fatigue/energy loss, feelings of guilt or worthlessness, indecisiveness or inability to concentrate, re-current thoughts of death or suicidal ideation, attempt or plan).

Manic episode

Distinct period (at least 1 week) marked by abnormally and persistently elevated, expansive, or irritable mood, plus at least 3 of the following: grandiosity, decreased need for sleep, pressure of speech, flight of ideas, distractibility, increased goal-directed activity or psychomotor agitation, involvement in pleasurable activities with a high potential for painful consequences (e.g. gambling, fast driving, sexual promiscuity). To be classified as a manic episode, the symptoms must be severe enough to cause marked impairment.

Mixed episode

At least 1 week when criteria for both manic and depressive episodes are met nearly every day; rapidly alternating moods; must be severe enough to cause marked impairment.

Hypomanic episode

At least 4 days of markedly elevated, expansive, or irritable mood.

