

Signs and Symptoms of Bipolar Disorder

When a person is diagnosed with Bipolar Disorder there are six criteria sets, one of which will follow the diagnosis of Bipolar Disorder. This gives specificity about the most recent episode. They are:

- ◆ Single manic episode
- ◆ Most recent episode hypomanic
- ◆ Most recent episode manic
- ◆ Most recent episode hypomanic
- ◆ Most recent episode mixed
- ◆ Most recent episode depressed
- ◆ Most recent episode unspecified

Major Depressive Episode

- ◆ Five or more of the following symptoms must be present during the same 2-week period:
 - ◆ Depressed mood most of the day, nearly every day
 - ◆ Marked diminished interest or pleasure in all or most all activities
 - ◆ Significant weight loss or gain (more than 5%)
 - ◆ Insomnia or hypersomnia nearly every day
 - ◆ Psychomotor agitation or retardation nearly every day
 - ◆ Fatigue or loss of energy
 - ◆ Feelings of worthlessness or excessive inappropriate guilt
 - ◆ Diminished ability to think or concentrate or indecisive nearly every day
 - ◆ Recurrent thoughts of death, thoughts of suicide without a plan or an attempt
- ◆ There must be a change in functioning
- ◆ One of the symptoms must be either depressed mood or loss of interest or pleasure

Manic Episode

- ◆ A distinct period of abnormally and persistently elevated, expansive, or irritable mood, lasting at least 1 week (or any duration if hospitalization is necessary)
- ◆ During the period of mood disturbance, three (or more) of the following symptoms have persisted (four if the mood is only irritable) and have been present to a significant degree:
 - ◆ Inflated self-esteem or grandiosity
 - ◆ Decreased need for sleep (e.g. feels rested after only 3 hours or sleep)
 - ◆ More talkative than usual or pressure to keep talking
 - ◆ Flight of ideas or subjective experience that thoughts are racing
 - ◆ Distractibility (i.e. attention too easily drawn to unimportant or irrelevant external stimuli)
 - ◆ Increase in goal-oriented activity (either socially, at work or school or sexually) or psychomotor agitation

Signs and Symptoms of Bipolar Disorder (continued)

Manic Episode (continued)

- ◆ Excessive involvement in pleasurable activities that have a high potential for painful consequences (e.g. engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments)
- ◆ Symptoms do not meet criteria for mixed episode
- ◆ The mood disturbance causes marked disturbance in occupational or social functioning, or required hospitalization or had psychotic features
- ◆ Symptoms are not due to use of a substance or a general medical condition

Mixed Episode

- ◆ The criteria are met for both Manic Episode and for Major Depressive Disorder nearly every day during at least a one-week period
- ◆ The mood disturbance is sufficiently severe to cause marked disturbance in occupational or social functioning, or required hospitalization or had psychotic features
- ◆ Symptoms are not due to use of a substance or a general medical condition

Hypomanic Episode

- ◆ A distinct pattern of persistently elevated, expansive or irritable mood, lasting throughout at least four days
- ◆ During the period of mood disturbance, three (or more) of the following symptoms have persisted (four if the mood is only irritable):
 - ◆ Inflated self-esteem
 - ◆ Decreased need for sleep (e.g. feels rested after only 3 hours or sleep)
 - ◆ More talkative than usual or pressure to keep talking
 - ◆ Flight of ideas or subjective experience that thoughts are racing
 - ◆ Distractibility (i.e. attention too easily drawn to unimportant or irrelevant external stimuli)
 - ◆ Increase in goal-oriented activity (either socially, at work or school or sexually) or psychomotor agitation
- ◆ Excessive involvement in pleasurable activities that have a high potential for painful consequences (e.g. engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments)

Unspecified Episode

- ◆ Criteria, except for duration, are met for manic, hypomanic, mixed or major depressive episode
- ◆ There has previously been at least one manic or mixed episode
- ◆ The mood symptoms cause clinically significant distress or social/occupational functioning
- ◆ The symptoms are not better accounted for by Schizoaffective Disorder and is not superimposed on Schizophrenia, Schizophreniform Disorder, Delusional Disorder or Psychotic Disorder NOS
- ◆ Symptoms are not due to use of a substance or a general medical condition

Signs and Symptoms of Bipolar Disorder (continued)

Cyclothymic Disorder

- ◆ For at least two years, the presence of numerous periods with hypomanic symptoms and numerous periods with depressive symptoms that do not meet criteria for Major Depressive Episode
- ◆ During the above two-year period, the person has not been without symptoms for more than 2 months at a time
- ◆ No Major Depressive Episode, Manic Episode or Mixed Episode has been present during the first two years
- ◆ The symptoms are not better accounted for by Schizoaffective Disorder and is not superimposed on Schizophrenia, Schizophreniform Disorder, Delusional Disorder or Psychotic Disorder NOS
- ◆ Symptoms are not due to use of a substance or a general medical condition
- ◆ Symptoms cause marked distress or impairment in social, occupational or other important areas of functioning

