

Features of Bipolar Disorder

The following features may be part of a person's diagnosis:

- ❑ **Mild** - few, if any symptoms in excess of those required to make diagnosis
- ❑ **Moderate** - symptoms or functional impairment is between mild and severe
- ❑ **Severe without psychotic features** - several symptoms in excess of those required AND symptoms markedly interfere with occupational or social functioning
- ❑ **Severe with psychotic features** - delusions or hallucinations
 - ❑ Mood congruent psychotic features - delusions or hallucinations whose content is entirely consistent with the typical depressive themes of personal inadequacy, guilt, disease, death...
 - ❑ Mood-incongruent psychotic features - delusions or hallucinations whose content does not involve typical depressive themes
- ❑ **In partial remission** - Symptoms are present, but full criteria are not met and there is a period (less than 2 months) without any significant symptoms
- ❑ **In full remission** - No significant symptoms over a 2 month period
- ❑ **Catatonic features** - at least two of the following are present:
 - ❑ Motor immobility
 - ❑ Excessive motor activity
 - ❑ Extreme negativism or mutism
 - ❑ Peculiarities of voluntary movement
 - ❑ Echolalia or echopraxia
- ❑ **Melancholic features** - either loss of pleasure in all, or almost all, activities and/or lack of reactivity to usually pleasurable stimuli and three or more of the following:
 - ❑ Distinct quality of depressed mood - different than how the person normally reacts to grief or other life losses
 - ❑ Depression regularly worse in the morning
 - ❑ Early morning awakening (2 hours or more before normal time)
 - ❑ Marked psychomotor agitation or retardation
 - ❑ Significant anorexia or weight loss
 - ❑ Excessive or inappropriate guilt
- ❑ **Atypical features** - mood reactivity (mood changes when something good happens) and two or more of the following:
 - ❑ Significant weight gain or increase in appetite
 - ❑ Hypersomnia
 - ❑ Lethargy
 - ❑ Long-standing pattern of interpersonal rejection sensitivity

Features of Bipolar Disorder (continued)

- **Postpartum onset** - onset of episode within 4 weeks postpartum
- **Longitudinal specifiers**
 - With full interepisode recovery - if full remission is attained between the two most recent episodes
 - Without full interepisode recovery - if full remission is not attained between the two most recent episode
- **Seasonal pattern** - there is a relationship between the onset and full remission of depression and the time of the year over at least 2 years
- **Rapid-cycling** - at least four episodes of mood disturbance in the previous 12 months that meet criteria for major depressive, manic, mixed or hypomanic episodes (episodes are separated by partial or full remission for at least 2 months or a switch to an episode of opposite polarity)

