



## **BIPOLAR DISORDER**

### **Diagnostic Criteria**

#### **Bipolar Disorder, Mixed**

- Manic episode of predominantly elevated mood or irritable mood
- During this mania, had **at least 3 of the following** (4 if the mood was only irritable):
  - Inflated self-esteem or grandiosity
  - Decreased need for sleep (insomnia)
  - More talkative than usual or pressured speech
  - Flight of ideas or racing thoughts
  - Distractibility
  - Increased activity or agitation
  - Reckless involvement in pleasurable activities
  - Evidence that this mania caused marked occupational or social impairment
  - Absence of two weeks or more of delusions or hallucinations when mood was normal
  - Not superimposed on schizophrenia, schizophreniform disorder, delusional disorder, or psychotic disorder not otherwise specified
  - Absence of evidence that an organic factor initiated or maintained this mania
  - Current (or most recent) episode involves the full symptomatic picture of both Manic and Major Depressive Episodes

### **During this superimposed depression:**

- Persistent depressed mood
- Marked apathy or loss of interest
- Significant anorexia or weight loss or increase in appetite or weight
- Insomnia or hypersomnia
- Psychomotor agitation or psychomotor retardation
- Fatigue
- Feelings of worthlessness or excessive guilt
- Poor concentration or indecisiveness
- Recurrent thoughts of death or suicide
- Absence of evidence that an organic factor initiated and maintained this depression
- Absence of evidence that this depression was due to normal bereavement
- Absence of two weeks or more of delusions or hallucinations when mood was normal

### **Bipolar Disorder, Manic**

- Manic period of predominantly elevated mood or irritable mood
- During this mania, had **at least 3 of the following** (4 if the mood was only irritable):
- Inflated self-esteem or grandiosity
- Decreased need for sleep (insomnia)
- More talkative than usual or pressured speech
- Flight of ideas or racing thoughts
- Distractibility
- Increased activity or agitation
- Reckless involvement in pleasurable activities
- Evidence that this mania caused marked occupational or social impairment

- Absence of two weeks or more of delusions or hallucinations when mood was normal
- Not superimposed on schizophrenia, schizophreniform disorder, delusional disorder, or psychotic disorder not otherwise specified
- Absence of evidence that an organic factor initiated and maintained this mania

### **Bipolar Disorder, Depressed**

- Past history of manic period of predominantly elevated mood or irritable mood
- During this mania, had **at least 3 of the following** (4 if the mood was only irritable):
- Inflated self-esteem or grandiosity during this mania
- Decreased need for sleep during this mania
- More talkative than usual or pressured speech during this mania
- Flight of ideas or racing thoughts during this mania
- Distractibility during this mania
- Increased activity or agitation during this mania
- Reckless involvement in pleasurable activities during this mania
- Evidence that this mania caused marked occupational or social impairment
- Absence of evidence that an organic factor initiated or maintained this mania

### **Currently (or most recently) in a major depressive episode**

During this major depressive episode had **at least 5 of the following**:

- Persistent depressed mood
- Marked apathy or loss of interest
- Significant anorexia or weight loss or increase in appetite or weight
- Insomnia or hypersomnia
- Psychomotor agitation or psychomotor retardation
- Fatigue
- Feelings of worthlessness or excessive guilt

- Poor concentration or indecisiveness
- Recurrent thoughts of death or suicide
- Absence of evidence that an organic factor initiated or maintained this depression
- Absence of evidence that this depression was due to normal bereavement
- Absence of two weeks or more of delusions or hallucinations when mood was normal
- Not superimposed on schizophrenia, schizophreniform disorder, delusional disorder, or psychotic disorder not otherwise specified

### **Associated Features Bipolar Disorder, Mixed**

- Learning Problem
- Hypoactivity
- Psychotic
- Euphoric Mood
- Depressed Mood
- Somatic / Sexual Dysfunction
- Hyperactivity
- Guilt / Obsession
- Addiction
- Odd / Eccentric / Suspicious Personality
- Anxious / Fearful / Dependent Personality
- Dramatic / Erratic / Antisocial Personality

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## **Differential Diagnosis Bipolar Disorder, Mixed**

**Psychiatric:** Schizophrenia, Paranoid Type; Schizoaffective Disorder; Attention-deficit Hyperactivity Disorder.

**Medical:** Organic Mood Syndromes caused by: Acquired Immune Deficiency Syndrome (AIDS), Cushing's Disease, Epilepsy, Fahr's Syndrome, Huntington's Disease, Hyperthyroidism, Premenstrual Syndrome, Migraines, Multiple Sclerosis, Neoplasm, Postpartum, Stroke, Systemic Lupus Erythematosus, Trauma, Uremia, Vitamin Deficiency, Wilson's Disease.

**Drugs:** Alcohol, Amphetamines, Baclofen, Bromide, Bromocriptine, Cimetidine, Cocaine, Corticosteroids (including ACTH), Disulfiram, Hallucinogens, Hydralazine, Levodopa, Opiates, Sedative / Hypnotics (benzodiazepines, barbiturates, chloral hydrate).

## **Differential Diagnosis Bipolar Disorder, Manic**

**Psychiatric:** Schizophrenia, Paranoid Type; Schizoaffective Disorder; Hypomanic Episodes; Attention-deficit Hyperactivity Disorder.

**Medical:** Organic Mood Syndromes caused by: Acquired Immune Deficiency Syndrome (AIDS), Cushing's Disease, Epilepsy, Fahr's Syndrome, Huntington's Disease, Hyperthyroidism, Premenstrual Syndrome, Migraines, Multiple Sclerosis, Neoplasm, Postpartum, Stroke, Systemic Lupus Erythematosus, Trauma, Uremia, Vitamin Deficiency, Wilson's Disease.

**Drugs:** Amphetamines, Antidepressants (treatment or withdrawal), Baclofen, Bromide, Bromocriptine, Captopril, Cimetidine, Cocaine, Corticosteroids (including ACTH), Cyclosporin, Disulfiram, Hallucinogens (intoxication and flashbacks), Hydralazine, Isoniazid, Levodopa, Methylphenidate, Metrizamide (following myelography), Opiates, Procarbazine, Procyclidine, Yohimbine.

## **Differential Diagnosis Bipolar Disorder, Depressed**

**Psychiatric:** Psychological reaction to the functional impairment associated with a physical illness; Schizophrenia; Schizoaffective Disorder; Uncomplicated Bereavement.

**Medical:** Organic Mood Syndromes caused by: Acquired Immune Deficiency Syndrome (AIDS), Cushing's Disease, Epilepsy, Fahr's Syndrome, Huntington's Disease, Hyperthyroidism, Premenstrual Syndrome, Migraines, Multiple Sclerosis, Neoplasm, Postpartum, Stroke, Systemic Lupus Erythematosus, Trauma, Uremia, Vitamin Deficiency, Wilson's Disease.

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