

Bipolar disorders

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Bipolar disorders types

Bipolar I disorder

Bipolar II disorder

Bipolar I disorder

-Is a disorder with one or more manic episodes, and sometimes major depressive episodes.

-Manic episodes $\pm$ major depressive episodes.

Bipolar II disorder

Is a disorder with episodes of major depression and hypomania rather than mania.

Major depression episodes + hypomania

Manic Episode criteria

A. A distinct period of [abnormally and persistently elevated, expansive, or irritable mood] and [abnormally and persistently increased goal-directed activity or energy], lasting at least 1 week and present most of the day, nearly every day (or any duration if hospitalization is necessary).

Manic Episode criteria cont.

B. During the period of mood disturbance and increased energy or activity, three (or more) of the following symptoms (four if the mood is only irritable) are present to a significant degree and represent a noticeable change from usual behavior:

1-Inflated self-esteem or grandiosity.

2-Decreased need for sleep

3-More talkative than usual or pressure to keep talking.

4- Flight of ideas or subjective experience that thoughts are racing.

5- Distractibility (i.e., attention too easily drawn to unimportant or irrelevant external stimuli), as reported or observed.

6-Increase in goal-directed activity .

7-Excessive involvement in activities that have a high potential for painful consequences

Manic Episode criteria cont.

C. The mood disturbance is sufficiently severe to cause marked impairment in social or occupational functioning or to necessitate hospitalization to prevent harm to self or others, or there are psychotic features.

D. The episode is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication, other treatment) or to another medical condition.

Hypomanic Episode criteria

A. distinct period of [abnormally and persistently elevated, expansive, or irritable mood] and [abnormally and persistently increased goal-directed activity or energy], lasting at least 4 consecutive days and present most of the day, nearly every day.

Hypomanic Episode criteria cont.

B. During the period of mood disturbance and increased energy or activity, three (or more) of the following symptoms (four if the mood is only irritable) are present to a significant degree and represent a noticeable change from usual behavior:

1-Inflated self-esteem or grandiosity.

2-Decreased need for sleep

3-More talkative than usual or pressure to keep talking.

4- Flight of ideas or subjective experience that thoughts are racing.

5- Distractibility (i.e., attention too easily drawn to unimportant or irrelevant external stimuli), as reported or observed.

6-Increase in goal-directed activity .

7-Excessive involvement in activities that have a high potential for painful consequences

Hypomanic Episode criteria cont.

C. The episode is associated with an unequivocal change in functioning that is uncharacteristic of the individual when not symptomatic.

D. The disturbance in mood and the change in functioning are observable by others.

Hypomanic Episode criteria cont.

E. The episode is not severe enough to cause marked impairment in social or occupational functioning or to necessitate hospitalization. If there are psychotic features, the episode is, by definition, manic.

F. The episode is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication, other treatment).