

## DSM IV CRITERIA FOR BIPOLAR DISORDERS

**Bipolar I Disorder is characterized by one or more Manic or Mixed Episodes usually accompanied by a Major Depressive Episode**

### Criteria for Major Depressive Episode

A. Five or more of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.

A1 Depressed Mood, Subjective Report or Observed

A2 Diminished Interest or Pleasure

A3 Weight Loss or Gain

A4 Insomnia/Hypersomnia

A5 Psychomotor Agitation or Retardation

A6 Fatigue or Loss of Energy

A7 Feelings of Worthlessness

A8 Diminished Concentration

A9 Recurrent thoughts of death

### Additional criteria for Major Depressive Episode

B. Do not meet criteria for Mixed Episode

C. Symptoms cause impairment in important areas of functioning

D. Symptoms not due to chemical substance or medical condition

E. Symptoms not due to Bereavement

### Criteria for Hypomanic, Manic, Mixed

B. Three or more of the following sx during period of mood disturbance

B1 inflated self esteem or grandiosity

B2 decreased need for sleep

B3 More talkative than usual or pressure to keep talking

B4 flight of ideas or subjective experience that thoughts are racing

B5 distractibility

B6 increase in goal-directed activity or psychomotor agitation

B7 excessive involvement in pleasurable activities w/high risk for consequences

C. SX not due to chemical substance or general medical condition(hyperthyroid)

D. A&B not better accounted for by schizoaffective(first meet criteria for schizophrenia)

### Additional criteria for Hypomanic Episode

A. Distinct period of persistently elevated, expansive or irritable mood at least 4 days, clearly different from usual mood

E. Episode associated w/ unequivocal change in functioning

F. Disturbance in mood and change in fxn observable by others

G Episode not severe enough to cause impairment in occupational or social fxn, no need for hospital, no psychosis

### Additional criteria for Manic Episode

Distinct period of abnormally and persistently elevated, expansive, or irritable mood, lasting at least 1 week ( or any duration if hospitalization necessary)

H. Marked impairment in occupational or social fxn, or need hospitalization to prevent harm, or are psychotic features

I. Sx **do not** meet criteria for Mixed Episode

### Additional criteria for Mixed Episode

Distinct period of abnormally and persistently elevated, expansive, or irritable mood, lasting at least 1 week ( or any duration if hospitalization necessary)

H. Marked impairment in occupational or social fxn, or need hospitalization to prevent harm, or are psychotic features

J. Also meet criteria for Depressive Episode

### Criteria for Bipolar II

K. Presence (or Hx) of 1 or more Major Depressive Episode

L. Presence (or Hx) of at least 1 Hypomanic Episode

M. No hx Manic or Mixed Episode

D. K & L not better accounted for by schizoaffective