

Diagnosis of Bipolar I Disorder

Summarized from the [Diagnostic and Statistical Manual of Mental Disorders- Fourth Edition](#)

A. A person experiences a current or recent episode that is manic, hypomanic, mixed, or depressed.

1. To be a manic episode, for at least one week a person's mood must be out of the ordinary and continuously heightened, exaggerated, or irritable.
2. At least three of the following seven symptoms have been significant and enduring. If the mood is only irritable, then four symptoms are required.
 - a. Self-esteem is excessive or grandiose.
 - b. The need for sleep is greatly reduced.
 - c. Talks much more than usual.
 - d. Thoughts and ideas are continuous and without a pattern or focus.
 - e. Easily distracted by unimportant things.
 - f. An increase in purposeful activity or productivity, or behaving and feeling agitated.
 - g. Reckless participation in enjoyable activities that create a high risk for negative consequences (e.g., extensive spending sprees, sexual promiscuity).
3. The person's symptoms do not indicate a mixed episode.
4. The person's symptoms are a cause of great distress or difficulty in functioning at home, work, or other important areas. Or, the symptoms require the person to be hospitalized to protect the person from harming himself/herself or others. Or, the symptoms include psychotic features (hallucinations, delusions).
5. The person's symptoms are not caused by substance use (e.g., alcohol, drugs, medication), or a medical disorder.

B. Unless this is a first single manic episode there has been at least one manic, mixed, hypomanic, or depressive episode.

1. For a major depressive episode a person must have experienced at least five of the nine symptoms below for the same two weeks or more, for most of the time almost every day, and this is a change from his/her prior level of functioning. One of the symptoms must be either (a) depressed mood, or (b) loss of interest.
 - a. Depressed mood. For children and adolescents, this may be irritable mood.
 - b. A significantly reduced level of interest or pleasure in most or all activities.
 - c. A considerable loss or gain of weight (e.g., 5% or more change of weight in a month when not dieting). This may also be an increase or decrease in appetite. For children, they may not gain an expected amount of weight.
 - d. Difficulty falling or staying asleep (insomnia), or sleeping more than usual (hypersomnia).
 - e. Behavior that is agitated or slowed down. Others should be able to observe this.
 - f. Feeling fatigued, or diminished energy.
 - g. Thoughts of worthlessness or extreme guilt (not about being ill).

- h. Ability to think, concentrate, or make decisions is reduced.
 - i. Frequent thoughts of death or suicide (with or without a specific plan), or attempt of suicide.
- 2. The persons' symptoms do not indicate a mixed episode.
- 3. The person's symptoms are a cause of great distress or difficulty in functioning at home, work, or other important areas.
- 4. The person's symptoms are not caused by substance use (e.g., alcohol, drugs, medication), or a medical disorder.
- 5. The person's symptoms are not due to normal grief or bereavement over the death of a loved one, they continue for more than two months, or they include great difficulty in functioning, frequent thoughts of worthlessness, thoughts of suicide, symptoms that are psychotic, or behavior that is slowed down (psychomotor retardation).

C. Another disorder does not better explain the episode.

Many of the specifiers used to describe mood disorders may be applicable for Bipolar I disorder.
[\(Show descriptions of "specifiers" in a new browser window\)](#)

Diagnosis of Bipolar II Disorder

Summarized from the [Diagnostic and Statistical Manual of Mental Disorders- Fourth Edition](#)

A. The person currently has, or in the past has had at least one major depressive episode:

1. For a major depressive episode a person must have experienced at least five of the nine symptoms below for the same two weeks or more, for most of the time almost every day, and this is a change from his/her prior level of functioning. One of the symptoms must be either (a) depressed mood, or (b) loss of interest.
 - a. Depressed mood. For children and adolescents, this may be irritable mood.
 - b. A significantly reduced level of interest or pleasure in most or all activities.
 - c. A considerable loss or gain of weight (e.g., 5% or more change of weight in a month when not dieting). This may also be an increase or decrease in appetite. For children, they may not gain an expected amount of weight.
 - d. Difficulty falling or staying asleep (insomnia), or sleeping more than usual (hypersomnia).
 - e. Behavior that is agitated or slowed down. Others should be able to observe this.
 - f. Feeling fatigued, or diminished energy.
 - g. Thoughts of worthlessness or extreme guilt (not about being ill).
 - h. Ability to think, concentrate, or make decisions is reduced.
 - i. Frequent thoughts of death or suicide (with or without a specific plan), or attempt of suicide.
2. The persons' symptoms do not indicate a mixed episode.
3. The person's symptoms are a cause of great distress or difficulty in functioning at home, work, or other important areas.
4. The person's symptoms are not caused by substance use (e.g., alcohol,

drugs, medication), or a medical disorder.

5. The person's symptoms are not due to normal grief or bereavement over the death of a loved one, they continue for more than two months, or they include great difficulty in functioning, frequent thoughts of worthlessness, thoughts of suicide, symptoms that are psychotic, or behavior that is slowed down (psychomotor retardation).

B. The person currently has, or in the past has had at least one hypomanic episode:

1. For a hypomanic episode a person's mood must be out of the ordinary and continuously heightened, exaggerated, or irritable for at least four days.
2. At least three of the following seven symptoms have been significant and enduring. If the mood is only irritable, then four symptoms are required.
 - a. Self-esteem is excessive or grandiose.
 - b. The need for sleep is greatly reduced.
 - c. Talks much more than usual.
 - d. Thoughts and ideas are continuous and without a pattern or focus.
 - e. Easily distracted by unimportant things.
 - f. An increase in purposeful activity or productivity, or behaving and feeling agitated.
 - g. Reckless participation in enjoyable activities that create a high risk for negative consequences (e.g., extensive spending sprees, sexual promiscuity).
3. The episode is a substantial change for the person and uncharacteristic of his or her usual functioning.
4. The changes of functioning and mood can be observed by others.
5. The person's symptoms are NOT severe enough to cause difficulty in functioning at home, work, or other important areas. Also, the symptoms neither require the person to be hospitalized, nor are there any psychotic features.
6. The person's symptoms are not caused by substance use (e.g., alcohol, drugs, medication), or a medical disorder. C. The person has never experienced a manic or mixed episode. D. Another disorder does not better explain the episode. E. The symptoms are a cause of great distress or difficulty in functioning at home, work, or other important areas.

Many of the specifiers used to describe mood disorders may be applicable for Bipolar II disorder.