

BIPOLAR DISORDERS

(Common Name: Manic Depressive)

Manic Episode: A distinct period of abnormally and persistently elevated, expansive, or irritable mood, lasting at least 1 week (or any duration if hospitalization)

During the period of manic mood disturbance 3 (or more) of the following:

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)
6. Increase in goal-directed activity (either socially, at work or school or sexually) or psychomotor agitation
7. Excessive involvement in pleasurable activities that have a high potential for painful consequences (e.g. engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments)

Hypomanic Episode

Mixed Episode

Bipolar I and Bipolar

More than 90% of individuals who have a single Manic Episode go on to have future episodes

TREATMENT

Usually a good prognosis depending on:

1. Premorbid personality and level of functioning
2. Compliance with treatment

Prophylactic