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.

Note: Do not include symptoms that are clearly due to a general medical condition, or mood-incongruent delusions or hallucinations.

1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful). Note: In children and adolescents, can be irritable mood.

2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others).

3. Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day. Note: In children, consider failure to make expected weight gains.

4. Insomnia or hypersomnia nearly every day.

5. Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).

6. Fatigue or loss of energy nearly every day.

7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).

8. Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

B. The symptoms do not meet criteria for a Mixed Episode (see p. 335).

C. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hypothyroidism).

E. The symptoms are not better accounted for by Bereavement, i.e., after the loss of a loved one, the symptoms persist for longer than 2 months or are characterized by marked functional impairment, morbid preoccupation with worthlessness, suicidal ideation, psychotic symptoms, or psychomotor retardation.
distinguish from Manic Episodes with irritable mood or from Mixed Episodes. This
determination requires a careful clinical evaluation of the presence of manic symptoms.
If criteria are met for both a Manic Episode and a Major Depressive Episode nearly every
day for at least a 1-week period, this would constitute a Mixed Episode.

Attention-Deficit/Hyperactivity Disorder and a Manic Episode are both charac-
terized by excessive activity, impulsive behavior, poor judgment, and denial of problems.
Attention-Deficit/Hyperactivity Disorder is distinguished from a Manic Episode by its
characteristic early onset (i.e., before age 7 years), chronic rather than episodic course,
lack of relatively clear onsets and offsets, and the absence of abnormally expansive or
elevated mood or psychotic features.

### Criteria for Manic Episode

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

B. During the period of mood disturbance, three (or more) of the following
symptoms have persisted (four if the mood is only irritable) and have
been present to a significant degree:
   1. inflated self-esteem or grandiosity
   2. decreased need for sleep (e.g., feels rested after only 3 hours of
      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 invest-
      ments)

C. The symptoms do not meet criteria for a Mixed Episode (see p. 335).

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

E. The symptoms are not due to the direct physiological effects of a
substance (e.g., a drug of abuse, a medication, or other treatment) or a
general medical condition (e.g., hyperthyroidism).

**Note:** Manic-like episodes that are clearly caused by somatic antidepressant
treatment (e.g., medication, electroconvulsive therapy, light therapy) should not
count toward a diagnosis of Bipolar I Disorder.
Diagnostic criteria for 296.5x Bipolar I Disorder, Most Recent Episode Depressed (continued)

- **With Atypical Features** (see p. 384)
- **With Postpartum Onset** (see p. 386)

Specify:
- **Longitudinal Course Specifiers (With and Without Interepisode Recovery)** (see p. 387)
- **With Seasonal Pattern** (applies only to the pattern of Major Depressive Episodes) (see p. 389)
- **With Rapid Cycling** (see p. 390)

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Diagnostic criteria for 296.7 Bipolar I Disorder, Most Recent Episode Unspecified

A. Criteria, except for duration, are currently (or most recently) met for a Manic (see p. 332), a Hypomanic (see p. 338), a Mixed (see p. 335), or a Major Depressive Episode (see p. 327).

B. There has previously been at least one Manic Episode (see p. 332) or Mixed Episode (see p. 335).

C. The mood symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The mood symptoms in Criteria A and B are not better accounted for by Schizoaffective Disorder and are not superimposed on Schizophrenia, Schizotypal Personality Disorder, Delusional Disorder, or Psychotic Disorder Not Otherwise Specified.

E. The mood symptoms in Criteria A and B are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication, or other treatment) or a general medical condition (e.g., hyperthyroidism).

Specify:
- **Longitudinal Course Specifiers (With and Without Interepisode Recovery)** (see p. 387)
- **With Seasonal Pattern** (applies only to the pattern of Major Depressive Episodes) (see p. 389)
- **With Rapid Cycling** (see p. 390)
Bipolar I Disorder, Most Recent Episode Mixed

- A. Currently (or most recently) in a Mixed Episode (see p. 335).
- B. There has previously been at least one Major Depressive Episode (see p. 327), Manic Episode (see p. 332), or Mixed Episode (see p. 335).
- C. The mood episodes in Criteria A and B are not better accounted for by Schizoaffective Disorder and are not superimposed on Schizophrenia, Schizoaffective Disorder, Delusional Disorder, or Psychotic Disorder Not Otherwise Specified.

Specify (for current or most recent episode):
- Severity/Psychotic/Remission Specifiers (see p. 380)
- With Catatonic Features (see p. 382)
- With Postpartum Onset (see p. 386)

Specify:
- Longitudinal Course Specifiers (With and Without Interepisode Recovery) (see p. 387)
- With Seasonal Pattern (applies only to the pattern of Major Depressive Episodes) (see p. 389)
- With Rapid Cycling (see p. 390)

Bipolar I Disorder, Most Recent Episode Depressed

- A. Currently (or most recently) in a Major Depressive Episode (see p. 327).
- B. There has previously been at least one Manic Episode (see p. 332) or Mixed Episode (see p. 335).
- C. The mood episodes in Criteria A and B are not better accounted for by Schizoaffective Disorder and are not superimposed on Schizophrenia, Schizoaffective Disorder, Delusional Disorder, or Psychotic Disorder Not Otherwise Specified.

Specify (for current or most recent episode):
- Severity/Psychotic/Remission Specifiers (see p. 376)
- Chronic (see p. 382)
- With Catatonic Features (see p. 382)
- With Melancholic Features (see p. 383)

(continued)
Diagnostic criteria for 296.5x Bipolar I Disorder, Most Recent Episode Depressed (continued)

**With Atypical Features** (see p. 384)

**With Postpartum Onset** (see p. 386)

**Specify:**

- **Longitudinal Course Specifiers (With and Without Interepisode Recovery)** (see p. 387)
- **With Seasonal Pattern** (applies only to the pattern of Major Depressive Episodes) (see p. 389)
- **With Rapid Cycling** (see p. 390)

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Diagnostic criteria for 296.7 Bipolar I Disorder, Most Recent Episode Unspecified

A. Criteria, except for duration, are currently (or most recently) met for a Manic (see p. 332), a Hypomanic (see p. 338), a Mixed (see p. 335), or a Major Depressive Episode (see p. 327).

B. There has previously been at least one Manic Episode (see p. 332) or Mixed Episode (see p. 335).

C. The mood symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The mood symptoms in Criteria A and B are not better accounted for by Schizoaffective Disorder and are not superimposed on Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder Not Otherwise Specified.

E. The mood symptoms in Criteria A and B are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication, or other treatment) or a general medical condition (e.g., hyperthyroidism).

**Specify:**

- **Longitudinal Course Specifiers (With and Without Interepisode Recovery)** (see p. 387)
- **With Seasonal Pattern** (applies only to the pattern of Major Depressive Episodes) (see p. 389)
- **With Rapid Cycling** (see p. 390)