Diagnostic criteria for Manic Episode

**Note:** A "Manic Syndrome" is defined as including criteria A, B, and C below. A "Hypomanic Syndrome" is defined as including criteria A and B, but not C, i.e., no marked impairment.

A. A distinct period of abnormally and persistently elevated, expansive, or irritable mood.

B. During the period of mood disturbance, at least three 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 three 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 which have a high potential for painful consequences, e.g., the person engages in unrestrained buying sprees, sexual indiscretions, or foolish business investments

C. Mood disturbance 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.

D. At no time during the disturbance have there been delusions or hallucinations for as long as two weeks in the absence of prominent mood symptoms (i.e., before the mood symptoms developed or after they have remitted).

E. Not superimposed on Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

F. It cannot be established that an organic factor initiated and maintained the disturbance. **Note:** Somatic antidepressant treatment (e.g., drugs, ECT) that apparently precipitates a mood disturbance should not be considered an etiologic organic factor.

(continued)
### Diagnostic criteria for Manic Episode continued

**Manic Episode codes: fifth-digit code numbers and criteria for severity of current state of Bipolar Disorder, Manic or Mixed:**

1. **Mild:** Meets minimum symptom criteria for a Manic Episode (or almost meets symptom criteria if there has been a previous Manic Episode).

2. **Moderate:** Extreme increase in activity or impairment in judgment.

3. **Severe, without Psychotic Features:** Almost continual supervision required in order to prevent physical harm to self or others.

4. **With Psychotic Features:** Delusions, hallucinations, or catatonic symptoms. If possible, specify whether the psychotic features are *mood-congruent* or *mood-incongruent*.

   **Mood-congruent psychotic features:** Delusions or hallucinations whose content is entirely consistent with the typical manic themes of inflated worth, power, knowledge, identity, or special relationship to a deity or famous person.

   **Mood-incongruent psychotic features:** Either (a) or (b):

   (a) Delusions or hallucinations whose content does not involve the typical manic themes of inflated worth, power, knowledge, identity, or special relationship to a deity or famous person. Included are such symptoms as persecutory delusions (not directly related to grandiose ideas or themes), thought insertion, and delusions of being controlled.

   (b) Catatonic symptoms, e.g., stupor, mutism, negativism, posturing.

5. **In Partial Remission:** Full criteria were previously, but are not currently, met; some signs or symptoms of the disturbance have persisted.

6. **In Full Remission:** Full criteria were previously met, but there have been no significant signs or symptoms of the disturbance for at least six months.

0. **Unspecified.**