

DSM-5 criteria for bipolar and related disorders (simplified)¹⁴

Diagnosis	Criteria
Bipolar I	● One week of abnormally elevated, expansive, or irritable mood (or less if hospitalised) plus increased activity or energy ● Three (or more) of the following seven 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. engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments) ● 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 hospitalisation to prevent harm to self or others, or there are psychotic features ● Symptoms are not caused by a drug of abuse, medication or a general medical condition
Bipolar II	● Four days of elevated, expansive or irritable mood plus increased activity or energy ● Three (or more) of the seven symptoms (1-7) listed above have persisted (four if the mood is only irritable) and have been present to a significant degree ● Not severe enough to cause marked impairment in social or occupational functioning, or to necessitate hospitalisation, and there are no psychotic features ● Symptoms are not caused by a drug of abuse, medication or a general medical condition ● A hypomanic episode emerging during antidepressant treatment, and persisting after this has been stopped, counts as a hypomanic episode and implies a diagnosis of bipolar II disorder
Cyclothymia	● At least two years (for children, a full year) of both hypomanic and depressive periods without ever fulfilling the criteria for an episode of mania, hypomania, or major depression