Box 1

Symptoms of mania and hypomania[7]

Mania

Distinct period of abnormally and persistently elevated, expansive or irritable mood and abnormally and persistently increased activity or energy, lasting at least 4/7 consecutive days, present most of the days, nearly every day

During this period of mood disturbance, some of the following symptoms, representing a noticeable change from usual behaviour, have persisted to a significant degree:

- Inflated self-esteem or grandiosity
- Reduced need for sleep
- More talkative than usual or pressure to keep talking
- Flight of ideas or subjective experience that ideas are racing
- Distractibility, reported or observed
- Increase in goal-directed activity or psychomotor agitation
- Excessive involvement in activities that have a high potential for painful consequences

Hypomania

The symptoms of hypomania are similar to those of mania but are less intense, fewer in number and of a shorter duration