

Table 1**Summary of diagnostic criteria for mania and hypomania⁷**

Diagnosis	Criteria
Mania (+ depression = bipolar I)	● One week of elevated, expansive, or irritable mood (or less if hospitalised) ● 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 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 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
Hypomania (i.e. below threshold of mania) + depression = bipolar II)	● Four days of elevated, expansive or irritable mood ● 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