

DSM-IV COMMON CRITERIA OF MOOD EPISODES (1 of 3)

All Mood Episodes:

- a. cause marked impairment in occupational functioning or in usual social activities or relationships with others
- b. are not due to the direct physiological effects of a substance or a general medical condition (thyroid)

Manic Episode:

- abnormal and persistent elevated, expansive, or irritable mood for a minimum of one week
- At least 3 (or more) of the following symptoms must be present:
 1. increased self-esteem (or grandiosity)
 2. decreased need for sleep/full of energy
 3. More talkative than usual; or with the need to talk in a pressing way
 4. flight of ideas, racing thoughts
 5. easily distracted by unimportant or irrelevant external stimuli
 6. increase in goal-directed activity (socially, at work or school, or sexually) or psychomotor agitation
 7. excessive involvement in pleasurable activities that have a high potential for painful consequences

These symptoms do not meet the criteria for a Mixed Episode.

American Psychiatric Association. (1994).