

Types of mood associated with bipolar disorder:

Mania and hypomania are distinct periods of abnormally and constantly elevated, expansive or irritable moods.

Manic episodes (mania) last at least One week.

Hypomanic episodes [hypomania] are a milder form of mania that has similar but less severe symptoms lasting at least four days. During this period of mood disturbance, three (or more) of the following symptoms may be present to a significant degree:

- Feeling unusually 'high', euphoric, or irritable
- Plus at least three [or more] of the following symptoms (four if the mood is only irritable)
 - needing little sleep yet having great amounts of energy
 - inflated self-esteem or grandiosity - feeling of greatness or importance
 - more talkative than usual or pressure to keep talking
 - 'flight of ideas' or subjective experience that thoughts are racing
 - being so easily distracted that attention shifts between topics in just a few minutes
 - doing reckless things without concern about possible bad consequences (e.g. spending too much money, engaging in inappropriate sexual activity, or making foolish business investments).

Major depressive episode (depression) is a period during which there is either a depressed mood or loss of interest or pleasure in nearly all activities. The following symptoms may last for at least two weeks.

- The depressed moods may either be subjective reports (e.g. feels sad or empty) or observations made by others (e.g. appears tearful).
- Diminished interest or pleasure in the things one normally enjoy
- Plus at least four of the following symptoms:
 - changes in appetite or weight
 - changes in sleep
 - difficulty thinking, concentrating, or making decisions
 - feeling slowed down
 - feeling worthless or guilty
 - thoughts of death or suicide.

Severe depression can also include hallucinations or delusions.

Mixed episodes - in a mixed episode the symptoms of both a manic and major depressive episode are experienced nearly every day for at least one week. This may be one of the most disabling episodes, as well as the greatest risk for suicide.

How bipolar disorder affects your moods The shaded region represents the usual range of 'ups' and 'downs' we experience. People with bipolar disorder experience extreme ups and downs that can become mania or depression.

