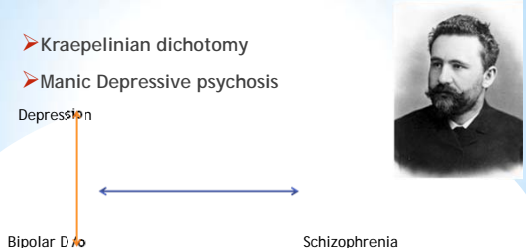


* Bipolar Disorder Diagnosis and Definition

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➤ Kraepelinian dichotomy
 ➤ Manic Depressive psychosis



*** Why Bipolar Disorder?**

3rd mental illness for chronic disease management programme

- Chronic relapsing illness
- 1-2% of people over their lifetimes
- 10-19% of individuals attempting suicide
- Markedly poorer quality of life
- Significant costs in terms of lost productivity

* Why Bipolar Disorder?

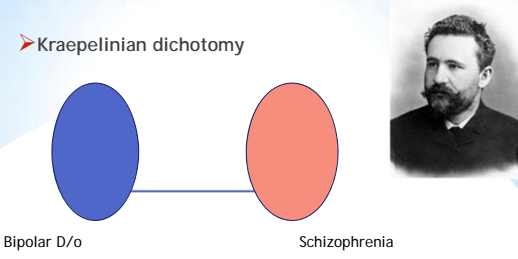
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- * International Classification of Disease - 10
- * Diagnostic Statistical Manual IV-TR
- * Bipolar I - One or more manic episodes or mixed episodes. Individuals often have one or more major depressive episodes.
- * Bipolar II - One or more major depressive episodes accompanied by at least one hypomanic episode

* Definitions

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➤ Kraepelinian dichotomy



* Why Bipolar Disorder?

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- * Elevated, expansive or irritable mood, lasting at least 1 week
- * with three (or more) of the following:
 - (1) Inflated self-esteem or grandiosity
 - (2) Decreased need for sleep
 - (3) More talkative than usual

* Mania

3 19

- (4) Flight of ideas
- (5) Distractibility
- (6) Increase in goal-directed activity or psychomotor agitation
- (7) Excessive involvement in pleasurable activities that have a high potential for painful consequences

*** Mania**

3 19

***5(or more) symptoms for 2-week period**

- (1) Depressed mood
- (2) Diminished interest or pleasure
- (3) Significant weight loss or weight gain
- (4) Insomnia or hypersomnia

*** Depression**

3 19 21

- * Distractibility (unimportant things can easily divert your attention)
- * Indiscretion (impulsive pleasurable acts with painful consequences)
- * Grandiosity (or inflated ego)
- * Flight of ideas
- * Activity increase toward goals
- * Sleep deficits (less need for sleep)
- * Talkativeness (or feels pressured to keep on talking)

*** Mania -DIGFAST**

3 19

- * (5) Psychomotor agitation or retardation
- * (6) Loss of energy
- * (7) Feelings of worthlessness or excessive or inappropriate guilt
- * (8) Decreased concentration
- * (9) Suicidal ideation

*** Depression**

3 19 21

- * Similar symptoms lasting at least 4 days
- * Episode not severe enough to cause marked impairment in socio-occupational functioning
- * Does not necessitate hospitalization
- * No psychotic features

*** Hypomania**

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- * In -- Interest (loss of)
- * S -- Sleep disturbances
- * A -- Appetite and weight disturbances
- * D -- Dysphoric mood
- * C -- Concentration poor
- * A -- Activity (either decreased or agitated)
- * G -- Guilt
- * E -- Energy decreased
- * S -- Suicidal Ideations

*** Depression - In SAD CAGES**

3 19 21

- *Both the criteria for a manic episode as well as for a major depressive episode are met
- *At least a 1-week period.

*Mixed episode

3 19 21

- *Early diagnosis of first episode bipolar disorder and timely intervention may improve long term outcomes.
- *Less likely to experience personal, social, and work-related problems

*Early diagnosis and intervention

3 19 21 27 33 34

- *Severe episodes of mania and depression can include psychotic symptoms
- *Hallucinations
- *Delusions

*Psychotic symptoms

3 19 21 27

- *Differentiating major depressive disorder (MDD) and bipolar disorder is difficult
- *When patient presents with depression, a thorough assessment for hypomania and mania
- *Temporal instability of a bipolar diagnosis
- *Accurately diagnosing bipolar disorder may take many years

*Early diagnosis and intervention

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- *Four or more episodes of a mood disturbance in the previous 12 months

*Rapid cycling

3 19 21 27 33