

BIPOLAR DISORDER CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

If a patient experiences **Manic (or Hypomanic)** and **Depressive Episodes**, they may meet criteria for a diagnosis of **Bipolar Disorder**. The criteria for each episode type include:

Depressive Episode

- Feeling low, irritable or appearing tearful
- Reduced interest or pleasure in most activities
- Marked increase or decrease in appetite, or significant weight loss
- Difficulties sleeping and waking
- Increased agitation or lethargy
- Fatigue
- Feeling worthless or guilty
- Less able to make decisions or concentrate
- Recurrent thoughts of death or suicide

If a patient has experienced **5 or more** of these symptoms **most of the day, nearly every day**, over at least a **2 week period**, they may be experiencing a **Major Depressive Episode**.

Manic or Hypomanic Episode

- Inflated self-esteem and grandiosity
- Decreased need for sleep
- More talkative than usual
- Flight of ideas or racing thoughts
- Distractibility
- Increase in goal-directed activity
- Excessive involvement in risky activities (e.g. overspending, sexual indiscretions, foolish investments)

If a patient has experienced **3 or more** of these symptoms **most of the day, nearly every day**, over at least a **1 week period** (and the behaviour and level of functioning is **uncharacteristic** of the person's normal state), they may be experiencing a **Manic Episode**.

If the episode **lasts less than 1 week but at least 4 consecutive days**, they may be experiencing a **Hypomanic Episode**.

If a patient has experienced **at least 1 Manic Episode**, they may meet criteria for a diagnosis of **Bipolar I Disorder**. If a person has experienced **at least 1 Hypomanic Episode followed by a Major Depressive Episode**, they may meet criteria for a diagnosis of **Bipolar II Disorder**.

In either case, it is recommended that the patient be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at strategicpsychology.com.au.

Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.