IF CRITERIA ARE MET FOR A CURRENT MANIC EPISODE, CHECK HERE _____ AND GO TO ***EPISODE SPECIFIERS* B. 22**

HYPOMANIC EPISODE

A: A distinct period of sustained elevated, expansive, or irritable mood, **lasting throughout four days**, that is clearly different from the usual nondepressed mood

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

When were you the most (HIGH/ IRRITABLE/ OWN EQUIVALENT), did it last for at least four days?

DATE:

↑

Go to ***Dysthymia* B. 14**

IF IRRITABLE MOOD ONLY, CHECK HERE AFTER CODING "3" ABOVE _____

IF MORE THAN ONE FOUR DAY PERIOD IN THE PAST MONTH: When were you the most (HIGH/ IRRITABLE/ OWN EQUIVALENT)?

B. During the period of mood disturbance, at least three of the following symptoms have persisted (**four** if the mood is only irritable) and have been present to a significant degree:

FOR THE WORST PERIOD OF CURRENT EPISODE, ASK ABOUT ASSOCIATED SXS

(1) inflated self-esteem or grandiosity

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

(during this time…)

…how did you feel about yourself?

(Did you think you could do anything? Did you think that you couldn't mess up anything you tried?)

(Did you think you had special powers?)

(2) decreased need for sleep (e.g., feels rested after only three hours of sleep)

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

During this time…

…did you need less sleep than usual? Would you stay up really late and get up early?

IF YES: Did you still feel like you got enough sleep?

		?	1	2	3
…did you talk a lot, more than usual? (Did people have trouble stopping you or understanding you? Did people have trouble getting a word in edgewise?)	(3) more talkative than usual or pressure to keep talking	CHI				
		PAR				
		OTH				
		BEST				
…were your thoughts racing through your head? (Did it seem like you were talking really fast in your mind and couldn't stop?)	(4) flight of ideas or subjective experience that thoughts are racing	CHI				
		PAR				
		OTH				
		BEST				
…did you have trouble paying attention when you were supposed to? Or would anything going on around you distract you?	(5) distractibility (i.e., attention too easily drawn to unimportant or irrelevant external stimuli)	CHI				
		PAR				
		OTH				
		BEST				
…how did you spend your time (School, friends, hobbies)? (Did you run around doing stuff so much that your friends or family were worried about you?) IF NO INCREASED ACTIVITY: Did you have trouble sitting still, like in the movies or at school? (how bad was it?)	(6) increase in goal-directed activity (either socially, at work or school, or sexually) or psychomotor agitation	CHI				
		PAR				
		OTH				
		BEST				
…did you do anything that could have gotten you or your family in trouble? Did you do fun things but do them too much? (Buying things you didn't need?) (Anything sexual that was unusual for you?) (FOR ADOLESCENTS: Wild driving?)	(7) excessive involvement in pleasurable activities that have a high potential for painful consequences (e.g., the person engages in unrestrained buying sprees, sexual indiscretions, or foolish business investments)	CHI				
		PAR				
		OTH				
		BEST				

AT LEAST THREE "B" SXS ARE CODED "3" (**FOUR** IF MOOD ONLY IRRITABLE)

? 1 2 3

↑

Go to ***Dysthymia* B. 14**

IF NOT KNOWN: Is this really different from the way you usually are (when you're not depressed?) (how were you different? At school? With friends?)

Tell me about that.

C: The episode is associated with an unequivocal change in functioning that is uncharacteristic of the person when not symptomatic

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

IF NOT KNOWN: Did other people think you were different? (What did they say?)

D. The disturbance in mood and the change in functioning are observable by others

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

IF NOT KNOWN: At this time, did you have really bad problems at home or at school (work) because you were (SXS) or did you have to go to the hospital?

E. The episode is not severe enough to cause marked impairment in social or occupational functioning, or to necessitate hospitalization, and there are no psychotic features

	?	1	2	3
CHI				
PAR				
OTH				
BEST				

IF UNKNOWN: Were you/ was your child taking any street drugs or medicines?

IF UNKNOWN: Were you/ was your child physically sick?

IF ANSWER TO EITHER QUESTION IS "YES", AND SUBSTANCE OR GENERAL MEDICAL CONDITION IS KNOWN TO BE ASSOCIATED WITH HYPOMANIC SXS. REFER TO PAGE B. 18.

F. Not due to the direct effects of a substance (e.g., drugs of abuse, medication) or a general medical condition (e.g., hyperthyroidism). **Note: If disturbance does NOT occur during the course of these diagnoses, code "3".**

NOTE: HYPOMANIC EPISODES THAT ARE CLEARLY PRECIPITATED BY SOMATIC ANTIDEPRESSANT TREATMENT (E.G., MEDICATION, ELECTROCONVULSIVE THERAPY, LIGHT THERAPY) SHOULD NOT COUNT TOWARDS A DIAGNOSIS OF BIPOLAR II DISORDER.

? 1 2 3

↑ ↑

R/O GME/Subst Go to ***Mood Disorder due to a GME* B.18**

CONTINUE

?=inadequate information 1=absent or false 2=subthreshold 3=threshold or true

HYPOMANIC EPISODE CRITERIA A, B, C, D, E, AND F ARE CODED "3"

?	1	2	3
	↑		↑

Go to ***Dysthymia* B. 14**

CURRENT HYPOMANIC EPISODE

How many separate times were you (HIGH/OWN EQUIVALENT) and had (ACKNOWLEDGED MANIC SYMPTOMS) for a period of time (or were hospitalized?)	Number of Manic Episodes, including current (CODE 99 IF TOO INDISTINCT OR NUMEROUS TO COUNT)	____ ____
How old were you when you first had serious problems or had to go to the hospital because you were (HYPOMANIC/HIGH/OWN EQUIVALENT)?	Age at onset of first Manic Episode (CODE 99 IF UNKNOWN)	____ ____