

## Bipolar I Disorders Diagnostic Tool

Name:  
DOB:  
ID #:

### Manic Episode Criteria:

A. A Distinct period of abnormally and persistently elevated, expansive, or irritable mood, lasting at least 1 week (or any duration if hospitalization is necessary).

B. During the period of mood disturbance, 3 or more of the following symptoms have persisted (4 if the mood is only irritable), and have been present to a significant degree:

- 1. Inflated self-esteem or grandiosity.
- 2. Decreased need for sleep (e.g., feels rested after only hours of sleep).
- 3. More talkative than usual or pressure to keep talking.
- 4. Flight of ideas or subjective experience that thoughts are racing.
- 5. Distractibility (i.e., attention too easily drawn to unimportant or irrelevant external stimuli).
- 6. Increase in goal directed activity (either socially, at work or school, or sexually), or psychomotor agitation.
- 7. Excessive involvement in pleasurable activities that have a high potential for painful consequences (e.g. engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments).

#### AND

- C. The symptoms do not meet criteria for a Mixed Episode Mood Disorder.

#### AND

- D. The mood disturbance is sufficiently severe to cause marked impairment in occupational functioning or in usual social activities or relationships with other, or to necessitate hospitalization to prevent harm to self or other, or there are psychotic features.

#### AND

- E. The symptoms are not due to the direct physiological effects of a substance or of a general medical condition.

### Bipolar I Disorder, Single Manic Episode

- A. Presence of only one Manic Episode and no Past Major Depressive Episodes.
- B. The manic episode is not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

### Bipolar I Disorder, Most Recent Episode Hypomanic

- A. Currently or most recently in a Hypomanic Episode.
- B. There has been at least one prior Manic Episode.
- C. The mood symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

### Bipolar I Disorder, Most Recent Episode Manic

- A. Currently or most recently in a Manic Episode.
- B. There has been at least one prior Major Depressive Episode or Mixed Episode.

- C. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

### Bipolar I Disorder, Most Recent Episode Mixed

- A. Currently or most recently in a Mixed Episode.
- B. There has been at least one prior Major Depressive Episode, Mixed Episode or Mixed Episode.
- C. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

### Bipolar I Disorder, Most Recent Episode Depressed

- A. Currently or most recently in a Depressed Episode.
- B. There has been at least one prior Manic Episode or Mixed Episode.
- C. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

### Bipolar I Disorder, Most Recent Episode Unspecified

- A. Currently or most recently in an Unspecified Episode
- B. There has been at least one prior Manic Episode.
- C. The mood symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.
- E. The mood symptoms are not due to the direct physiological effects of a substance or general medical condition.

### Diagnostic Codes

- 296.xx Bipolar I Disorder
  - .0x Single Manic Episode (specify if mixed)
  - .40 Most Recent Episode Hypomanic
  - .4x Most Recent Episode Manic
  - .6x Most Recent Episode Mixed
  - .5x Most recent Episode Depressed
  - .7 Most Recent Episode Unspecified

- 296.89 Bipolar II Disorder
- 301.13 Cyclothymic Disorder
- 296.80 Bipolar Disorder NOS
- 296.90 Mood Disorder NOS
- 293.83 Mood Disorder Due to Medical

### Specifiers

- 1 = Mild
- 2 = Moderate
- 3 = Severe Without Psychotic Features
- 4 = Severe with Psychotic Features
- 5 = In Partial Remission
- 6 = In Full Remission
- 0 = Unspecified.

Clinician's Name:  
Date of Assessment:  
Signature: