

## Identification and Treatment of Major Depressive Disorder (MDD) for Adults

### Manic and Hypomanic Episodes

The focus is to treat major depressive disorder, which requires ruling out bipolar manic or hypomanic episodes.

#### Manic Episode

- A distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased goal-directed activity or energy, lasting at least **1 week** and present most of the day, nearly every day (or any duration if hospitalization is necessary).
- During the period of mood disturbance and increased energy or activity, three (or more) of the following symptoms have persisted (four if the mood is only irritable) and have been present to a significant degree and represent a noticeable change from usual behavior:
  1. inflated self-esteem or grandiosity
  2. decreased need for sleep (e.g., feels rested after only 3 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), as reported or observed
  6. increase in goal-directed activity (either socially, at work or school, or sexually) or psychomotor agitation (i.e., purposeless non-goal-directed activity)
  7. excessive involvement in activities that have a high potential for painful consequences (e.g., engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments)
- The mood disturbance is sufficiently severe to cause marked impairment in occupational functioning or in usual social activities or relationships with others, or to necessitate hospitalization to prevent harm to self or others, or there are psychotic features.
- The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication, or other treatment) or a general medical condition (e.g., hyperthyroidism).

#### Hypomanic episode

- Minimum of **four day** period of elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy with three or more (four if mood is only irritable) manic symptoms lasting at least 4 consecutive days and present most of the day, nearly every day.
- Not severe enough to cause marked impairment socially or occupationally, without psychosis, but sufficient to be uncharacteristic of the person when not symptomatic, and are observable by others.

\*American Psychiatric Association. Highlights of Changes from DSM-IV-TR to DSM-5. 2013. Available at: <http://www.dsm5.org/Documents/changes%20from%20dsm-iv-tr%20to%20dsm-5.pdf>