

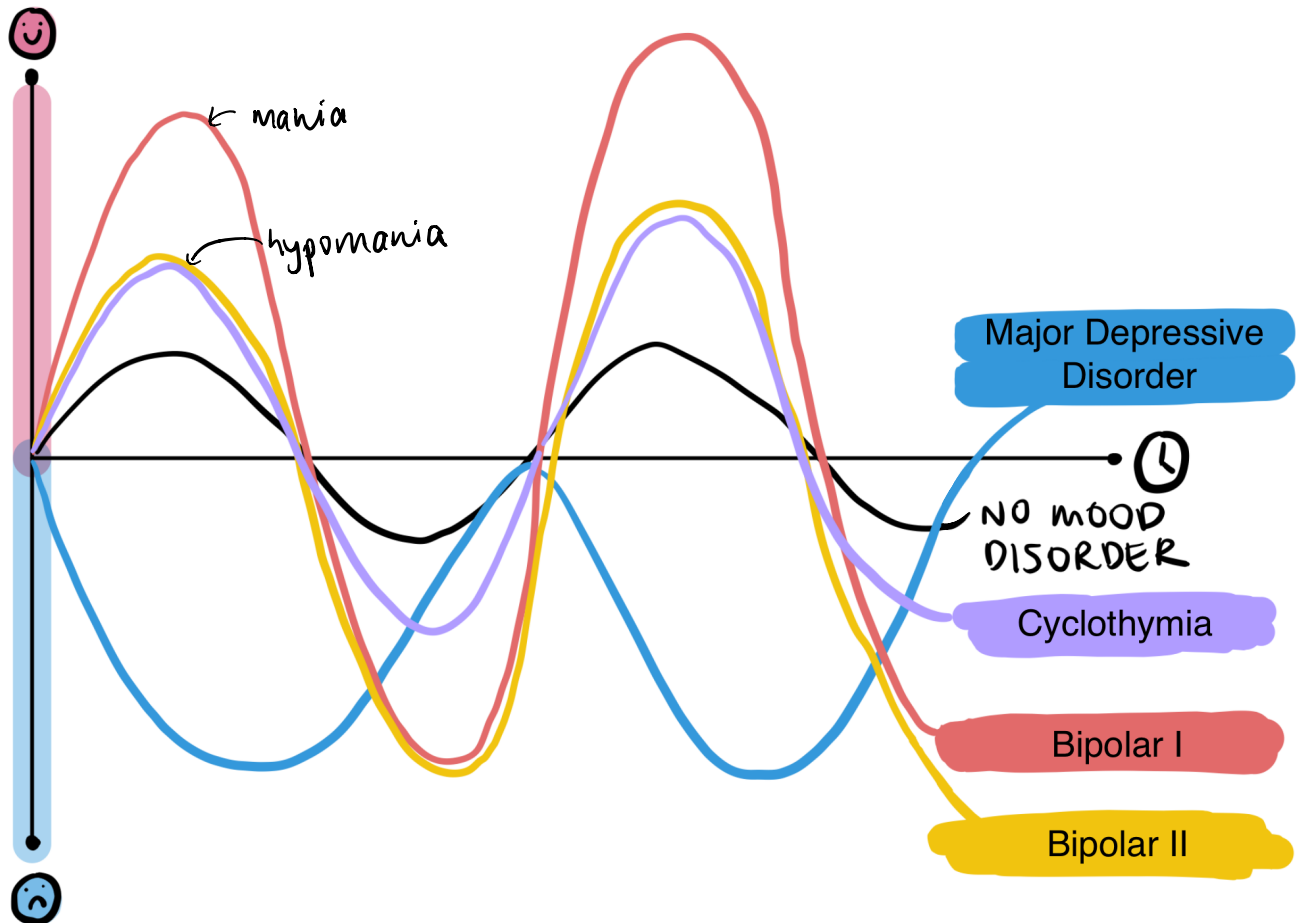


Summary of mood disorders

The two main mood disorders (aka affective disorders) are depressive disorder and bipolar disorder

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Patients with only depressive episodes

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Patients with both manic and depressive episodes or patients with manic episodes alone



Four additional categories of mood disorders are **hypomania**, **cyclothymia**, **rapid cycling** and **dysthymia**


- **Hypomania** Mild episodes of manic symptoms that do not meet the criteria for mania. The symptoms last for a minimum of 4 consecutive days and, unlike mania, hypomania does not cause significant dysfunction.
- **Cyclothymia** At least 2 years of mood instability that persists long-term and is characterised by episodes of depression (less severe than that needed for the diagnosis of major depressive disorder) and hypomania. The symptoms of depression and hypomania do not meet the criteria (in symptoms & duration) for the diagnosis of Bipolar Disorder.
- **Rapid Cycling** At least 4 episodes of depression, mania, or hypomania occurring over a period of 1 year.
- **Dysthymia** Also known as persistent depressive disorder (PDD). At least 2 years of depressed mood with at least 2 additional symptoms of depression. As it does not meet the minimum of 5 symptoms, the diagnosis of major depressive disorder can't be made.

Bipolar I

Bipolar II

Cyclothymia

Major Depressive Disorder

Main features	Mainly manic episode/s (can have depressive episodes)	Both hypomania AND major depressive episode/s	Persistent unstable mood with multiple periods of depression and periods of hypomania	Mainly depressed mood and/or anhedonia
Criteria for Diagnosis	<p>≥ 1 manic episode +/- depressive episode</p> <p>Manic episode: Minimum of 3 of the following symptoms: (DIGFAST)</p> <ul style="list-style-type: none"> Distractibility Insomnia - Grandiosity Flight of ideas Activity increased Speech Thoughtlessness 	<p>≥ 1 hypomanic episode (Minimum of 3 of the following symptoms: DIGFAST)</p> <p>AND</p> <p>≥ 1 major depressive episode (Minimum of 5 of the following symptoms: MSIGECAPS)</p>	<p>Mild hypomanic symptoms</p> <p>AND</p> <p>Mild depressive symptoms</p>	<p>Minimum of 5 of the following symptoms: (MSIGECAPS)</p> <ul style="list-style-type: none"> Mood (depressed)* Sleep Interest lost (anhedonia)* Guilt or worthlessness Energy Concentration Appetite Psychomotor Suicidal ideation <p>*NOTE: Should have at least 1 of depressed mood and/or anhedonia</p>
Duration	Manic episode lasting ≥ 1 week	Hypomanic episode lasting ≥ 4 consecutive days	≥ 2 years (>1 year in child) Remission lasts ≤ 2 months	≥ 2 weeks
Psychotic symptoms	May be present or absent	Can occur during the depressive episode	Absent	May be present or absent
Function	Marked impairment in functioning	May cause interference with functioning	May cause interference with functioning	Marked impairment in functioning
Treatment	Mood stabilisers Antipsychotics	Mood stabilisers Antipsychotics	Mood stabilisers	Antidepressants
Note: Do not use an antidepressant without concomitant use of mood stabilisers as it can induce mania				



References

[RANZCP Clinical Practice Guidelines for Mood Disorders](#)
[Bipolar Disorder - AMBOSS](#)
[Major Depressive Disorder - AMBOSS](#)



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