

☐ Diagnosis requires 2 of the following active symptoms, including  $\geq 1$  from symptoms #1–3 :

1. Delusions .
2. Hallucinations, often auditory .
3. Disorganized speech .
4. Disorganized or catatonic behavior .
5. Negative symptoms .

☐ Symptom onset  $\geq 6$  months prior to diagnosis requires  $\geq 1$  month of active symptoms over the past 6 months .

## Other Schizophrenia Spectrum and Psychotic Disorders

1. Delusional disorder : -  $\geq 1$  delusion(s) lasting  $>1$  month, but without a mood disorder or other psychotic symptoms

2. Brief psychotic disorder :-

- ☐  $\geq 1$  positive symptom(s) lasting between **\*\*1 day and 1 month\*\***, usually stress-related.
- ☐ Sudden onset of symptoms
- ☐ More in female

3. Schizophreniform disorder:-

- ☐  $\geq 2$  symptoms lasting **1–6 months** .
- ☐ Same symptoms as schizophrenia

4. Schizoaffective disorder:-

- ☐ Shares symptoms with both schizophrenia and mood disorders (MDD or bipolar disorder).
- ☐ To differentiate from a mood disorder with psychotic features, patient must have  $\geq 2$  weeks of psychotic symptoms without a manic or depressive episode.

5. Substance-induced psychotic disorder

6. Psychotic disorder associated with another medical condition

7. Catatonic disorder due to another medical condition

- ☐ Metabolic disorders (e.g., hepatic encephalopathy, diabetic ketoacidosis, hypo- and hyperthyroidism, hypo- and hyperadrenalism, **hypercalcemia**, and **vitamin B12 deficiency**)
- ☐ Neurological conditions (e.g., epilepsy, tumors, cerebrovascular disease, head trauma, and encephalitis)

# Major depressive disorder

## 1. Major depressive disorder (severe)

Recurrent episodes lasting  $\geq 2$  weeks characterized by  $\geq 5$  of 9 diagnostic symptoms including depressed mood or anhedonia (or irritability in children).

**SIG: E CAPS**

- S Sleep disturbances
- ↓ Interest in pleasurable activities (anhedonia)
- G Guilt or feelings of worthlessness
- ↓ Energy
- ↓ Concentration
- A Appetite/weight changes
- P Psychomotor retardation or agitation
- S Suicidal ideation

No history of manic behavior

## 2. Persistent depressive disorder (Dysthymia)

Often milder than MDD;  $\geq 2$  depressive symptoms lasting  $\geq 2$  years ( $\geq 1$  year in children), with any remission lasting  $\leq 2$  months.

No evidence of psychotic symptoms

## 3. Premenstrual dysphoric disorder (PMDD)

Difference between PMDD and typical premenstrual mood changes is a matter of intensity and frequency of symptoms . (PMDD symptoms interfere with ability to function socially, at work, or school. )

## 4. Substance/Medication -Induced Depressive Disorder

## 5. Depressive disorder associated with another medical condition

**Hypothyroidism**



# Bipolar and Related Disorders

## TYPES OF BIPOLAR DISORDER:

### 1. Bipolar I Disorder

- Definition: **At least 1 manic episode** ( $\pm$  hypomanic or depressive episodes).
- Important: Psychosis only occurs in mania  $\rightarrow$  automatically Bipolar I.

- Mania (DIG FAST):  $\geq 1$  week of abnormally  $\uparrow$  mood/energy +  $\geq 3$  symptoms:
  - Distractibility
  - Indiscretion/Impulsivity (risky behaviors)
  - Grandiosity
  - Flight of ideas
  - Activity/Agitation  $\uparrow$
  - Sleep need  $\downarrow$
  - Talkativeness (pressured speech)

### 2. Bipolar II Disorder

- Definition:  $\geq 1$  hypomanic episode +  $\geq 1$  major depressive episode.
- No marked impairment, no hospitalization, no psychosis.

- Hypomania: Like mania but
  - Lasts  $\geq 4$  consecutive days, less severe

### 3. Cyclothymic Disorder

- Definition:  **$\geq 2$  years** ( $\geq 1$  in children) of fluctuating mild hypomanic & mild depressive symptoms.
- **Do not meet criteria for hypomanic or major depressive episodes.**
- Never symptom-free  **$> 2$  months.**

### 4. Substance-induced bipolar disorder

- 5. Bipolar disorder associated with another medical condition.  
**Hyperthyroidism**



	<b>Hypomania</b>	<b>Acute Mania</b>	<b>Delirious Mania</b>
<b>Mood</b>	Cheerful. expansive; underlying irritability surfaces rapidly.	Continuous 'high'; subject to frequent variation.	Very labile; panic-level anxiety may be evident.
<b>Cognition and Perception</b>	Exalted; ideas of great worth and ability; flighty thinking; heightened perception of environment; easily distracted .	Flight of ideas; distractibility becomes all-pervasive	Clouding of consciousness; extremely distractible and incoherent .
<b>Activity and Behavior</b>	Increased motor activity; perceived as extroverted; lacks depth of personality for close friendships	Psychomotor activity is excessive; sexual interest Increased, Inexhaustible energy; may go for days without sleeping	Psychomotor activity is frenzied; exhaustion, injury to self or others, and eventually death could occur without intervention.



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