

# Irritability, Depression & Differential Diagnosis of Bipolar Spectrum Disorders



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# Disclosures

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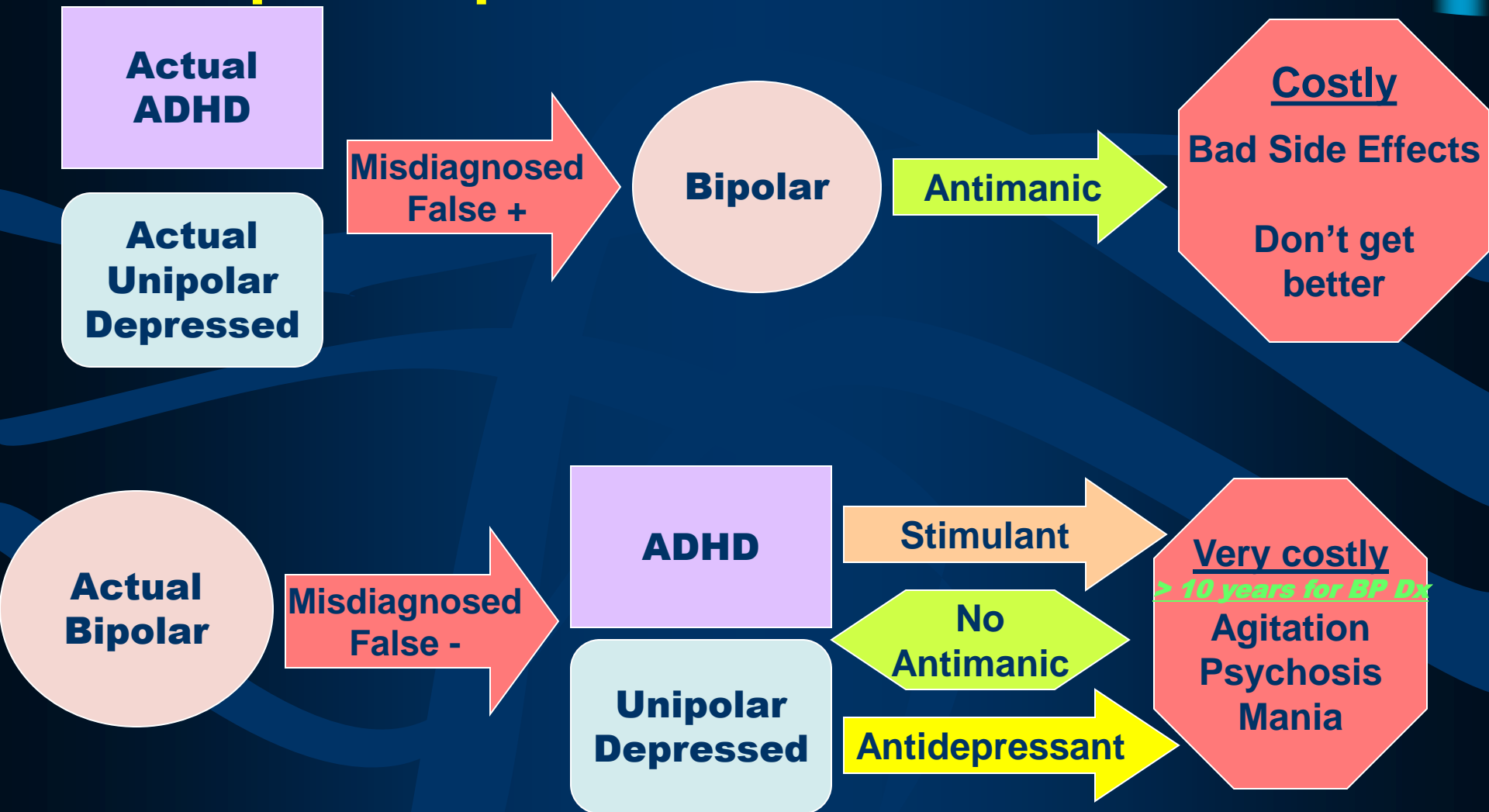


# Learning objectives

- Importance of comorbidities in differential diagnosis
- Diagnostic criteria & areas of possible confusion about irritability & depression
- Key concepts to differentiate bipolar spectrum
- Updates in DSM 5



# Why is it important to differentiate Bipolar Spectrum Disorder in Youth



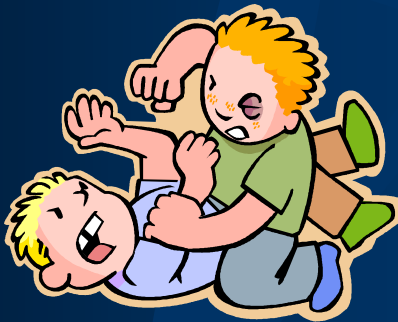
# Diagnostic difficulties

## Difficult, time consuming, & problematic:

- Differentiate from other psychiatric disorders
    - Moody ADHD/Disruptive Behavior Disorders
    - Disruptive mood dysregulation disorder
    - Non-bipolar depression
    - High functioning autism spectrum disorders
  - Differentiate subtle symptoms from developing child
- False statement: “Hey, she/he looks normal, she/he cannot be bipolar!”



# Clinical presentation... is usually not mania-related



# Comorbid disorders are very common

	Mass General	WASH-U	Case Western	COBY BP-I Age Adjusted
Attention-Deficit Hyperactivity D/O	87%	87%	70%	69 %
Oppositional Defiant D/O	86%	79%	47%	46%
Conduct D/O	41%	12%	17%	12%
Anxiety D/O	54%	23%	14%	37%
Substance Use D/O	7%	0%	7%	5%

# No patient is the same. Even for the similar symptoms



Manic

Depressed

Intentional

And, no single treatment option fits to all...



# Several mood symptoms are not specific



# Mood Diagnosis

- Symptom → Episode → Disorder

**\*\*Duration    \*\* Duration    \*\* Duration**

- Impairment

# Identify episode first & then symptoms

## ASSESSMENT TIMELINE

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Participant ID: \_\_\_\_\_

Visit: \_\_\_\_\_

Super High (Mania)															
Happy Mood															
Average Normal Mood															
Sad "Down" Mood															
Depressed "Pits"															
Age	0-4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Grade															

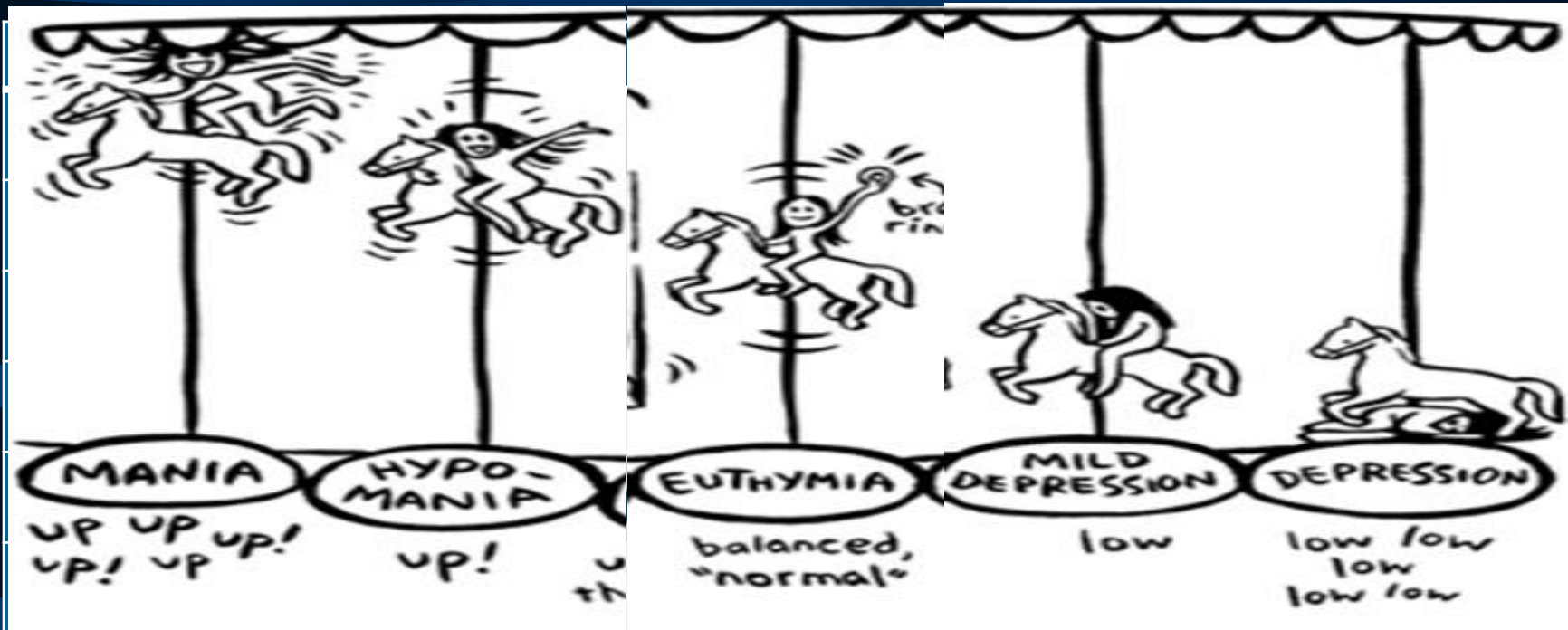
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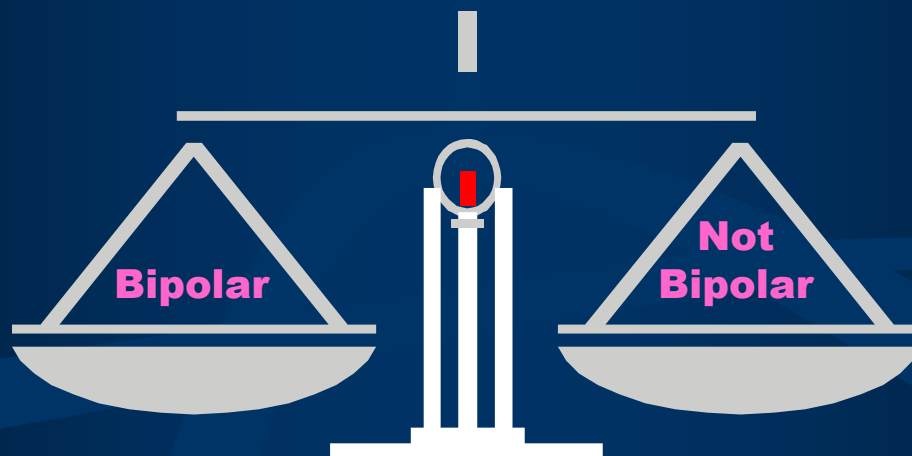
# Let's talk about mood episodes..



## A hypomanic episode:

- milder symptoms for **“four days (DSM) / several days (ICD)”** (vs. 1 week in manic episode or inpatient admission in manic episode)
- have **a “distinct change”** from the baseline functioning (vs. impairment or psychosis in manic episode)
- & patients **may like or dislike** these changes
- ❖ How about shorter episodes that looks like manic?\*

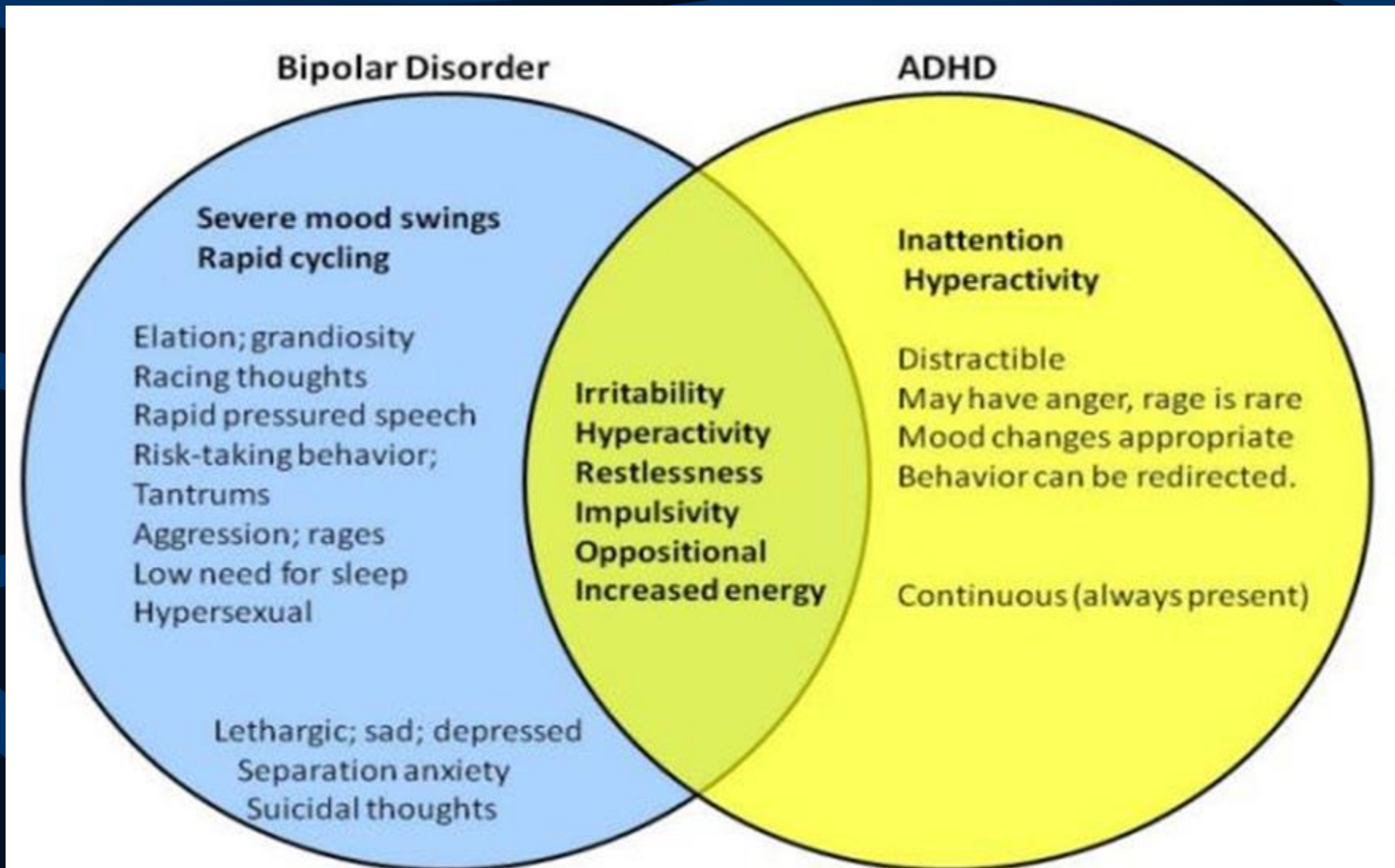
# Pearls to help with diagnosis



- Mania-specific symptoms
  - ✓ elation/euphoria
  - ✓ grandiosity
  - ✓ decreased need for sleep
  - ✓ flight of ideas/racing thoughts
  - ✓ hypersexuality (not due to sexual abuse/exposure)
- Distinct episodes within chronic problems
- \*\*Symptoms must cluster together & be abnormal for child's level of development and environment



# Bipolar vs ADHD: both can co-exist



# Changes in DSM5

for manic/hypomanic episode

- Increased energy or activity level is a “MUST”
- This is in addition to “elated/irritable mood” during the manic/hypomanic episode



# New DSM 5 mania criteria

Elevated/Expansive mood

Irritability

or}

Increased goal-directed activity\*

Motor hyperactivity\*

or}

**PLUS ≥3 Sx (4 if irritable) Associated with A Elevated/Irritable Mood & Increased Activity/Energy:**

Inflated self-esteem, grandiosity

Decreased need for sleep

More talkative, pressured to keep talking

Flight of ideas or racing thoughts

Distractibility

Increased goal-directed activity or psychomotor agitation

Risky/dangerous behaviors done for pleasurable reasons



- In
- D
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# Other changes in DSM5

## for depressive & manic/hypomanic episodes

- No “mixed episode” anymore
- New “mixed features for manic episode” ( $\geq 3$  depressive symptoms within manic episode)
- New “mixed features for major depressive episode” ( $\geq 3$  manic symptoms within depressive episode)
- Medication induced mania  
= New “Medication/Substance induced bipolar and related disorder”



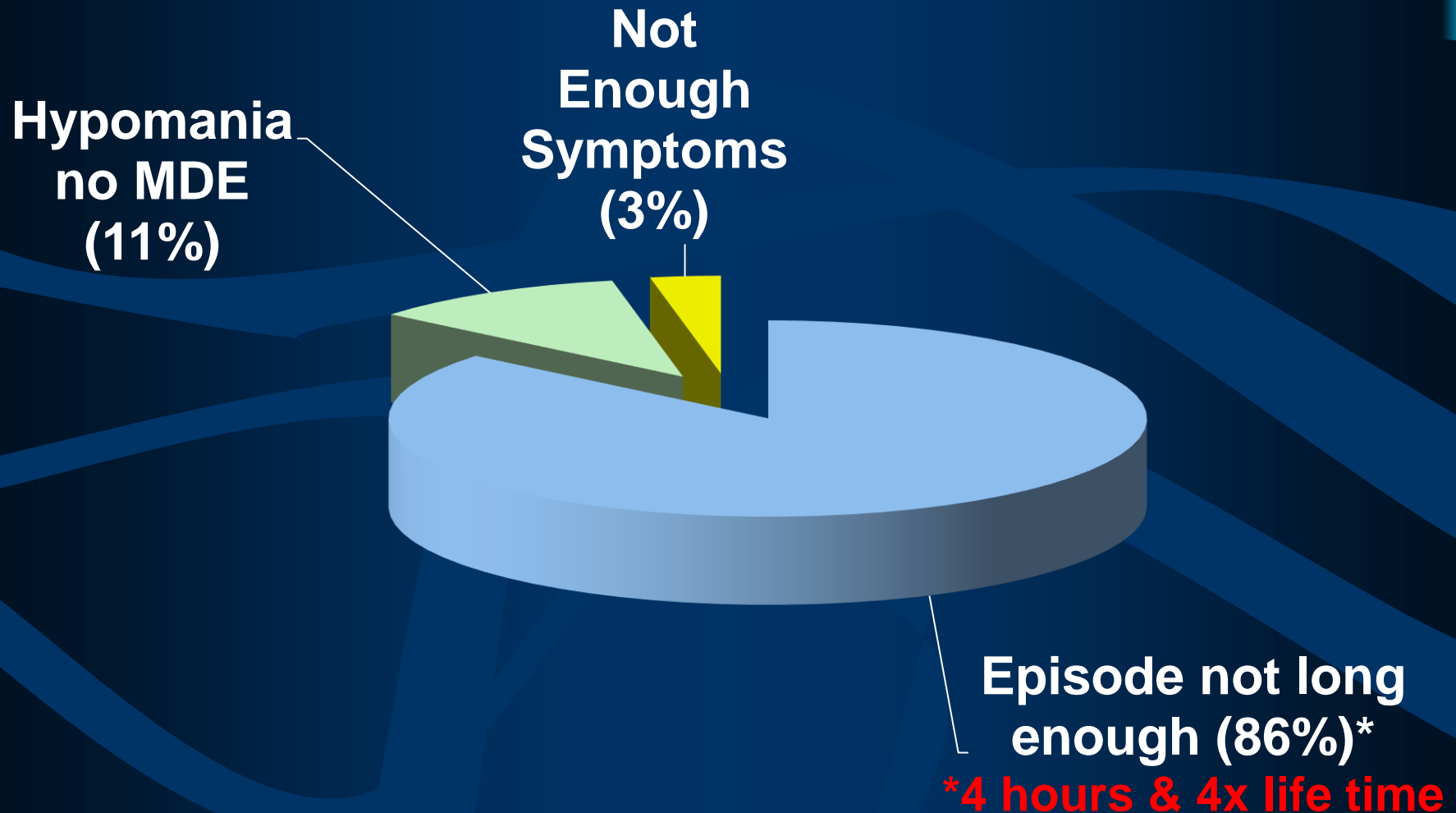
**NEW DSM 5 diagnosis:**  
**\*Unspecified/Other Specified  
Bipolar and Related Disorder**



Formerly “Bipolar Not Otherwise Specified (NOS)”

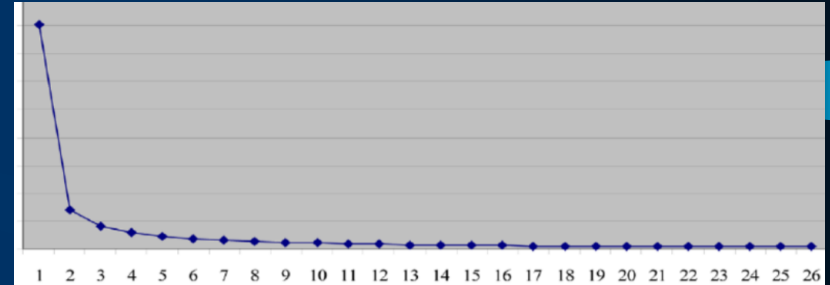
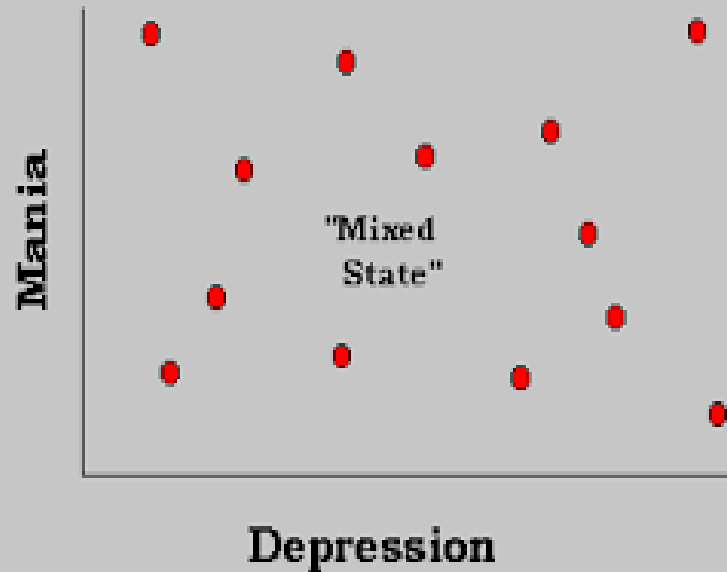


# Course and Outcome of Bipolar Youth (COBY) Study: reasons for other specified bipolar



# No more mixed episodes in DSM 5..

## Instead: “mixed features..”



**DEPRESSION**

Download from [Dreamstime.com](#)  
44881738  
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**Mixed Episode & Mixed State**

Mixed Episode

Mixed Depression

symptoms of mania

The infographic features a roller coaster with yellow and red cars. Below the title, it shows a purple silhouette of a person, a glass of iced coffee, and a red triangle labeled 'symptoms of mania'.

# Disruptive Mood Dysregulation Disorder DMDD

- Starts before age 10, no later than 18 yo
- Developmental age at least 6
- Chronically irritable for at least 1 year, without any good mood more than 3 months
- + verbal/physical anger outbursts 3x/ week
- DMDD alone is rare in the clinics, many youth will have comorbid ADHD, oppositional defiant (ODD), and conduct diagnoses
- **Exclusion:** They cannot have **mania** (>1 day), ODD, or impulse control disorder