

# Differentiating Between Mood Cycling Conditions

## Bipolar I disorder

- 1+ episode(s) of full mania (not secondary to a substance or to another medical condition)

## Bipolar II disorder

- 1+ episode(s) of hypomania
- 0 episodes of full mania at any point in life
- **AND** 1+ major depressive episode(s)

## Cyclothymic disorder

- 2+ years with **more than half the time** having episodes of hypomanic symptoms and episodes of depressive symptoms
- No more than 2 consecutive months without mood symptoms
- BUT symptoms do not meet criteria for a full hypomanic episode or major depressive episode
- Evidence to guide treatment is limited; may cautiously use medications as recommended for bipolar disorders

## Schizoaffective disorder

- Delusions and/or hallucinations are the predominant symptoms (i.e similar to schizophrenia), persisting at least 2 weeks without concurrent mood symptoms
- Full manic or major depressive episodes occur as well
  - Bipolar type: 1+ episode of mania
  - Depressive type: Depressive episodes, no episodes of mania



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