

**TABLE 1 . Criteria for Manic Episode**

A person is having a manic episode if experiencing a distinct period of abnormally and persistently elevated, expansive or irritable mood, lasting at least one week or if hospitalization is necessary. During the period of mood disturbance, three or more of the following symptoms have persisted (four if the mood is only irritable):

1. inflated self-esteem or grandiosity
2. decreased need for sleep
3. more talkative than usual or pressure to keep talking
4. flight of ideas or subjective experience that thoughts are racing
5. easily distractible
6. increase in goal-directed activity (either socially or sexually) or psychomotor agitation
7. excessive involvement in pleasure activities that have a high potential for painful consequences (e.g., illegal activities, sexual indiscretions, buying sprees)

The symptoms must not meet criteria for a Mixed Episode, the mood disturbance must be significantly severe to cause impaired impairment in social functioning, and may not be due to the direct physiological effects of a substance (illicit drugs, medications [e.g. SSRIs], or a general medical condition.

*Reference: Diagnostic and statistical manual of mental disorders : DSM-IV, Fourth Edition. Washington, DC : American Psychiatric Association, 1994.*