

Subtypes of Bipolar Disorder

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Diagnostic Overview of the Bipolar Spectrum (DSM-IV-TR)

Bipolar I	Bipolar II	Cyclothymia	Bipolar NOS
Manic episode Mixed episode	Hypomanic Depressed <i>Never a manic or mixed episode</i>	Mood states do not meet full criteria for depressive, manic, or mixed episode	Do not meet defined diagnostic criteria (eg, hypomania <4-day duration)
296.XX	296.89	301.13	296.80

Bipolar I vs Bipolar II

Bipolar I

- Requires mania for diagnosis
- Mixed states (mania + major depression) occur in 40%
- Highly familial
- Suicide: 10%–15% completed
- Comorbid substance abuse in 60%

Bipolar II

- Recurrent hypomania + major depression
- Female:male ratio = 2:1
- Diagnostic challenges:
 - Hypomania not experienced as “abnormal”
 - Prior hypomania often not reported

Accelerated Biphasic Cycling States

- **Rapid**
 - Four or more cycles/year with >8 weeks of well periods
 - Common in bipolar II
- **Ultra-rapid**
 - Many cycles per month lasting a few days each
- **Ultradian**
 - Threshold or subthreshold biphasic mood dysregulation with <24-hour cycling

Rapid-Cycling Presentations

- 20% of patients will have rapid-cycling course of four or more mood episodes within 1 year
- Episode demarcated by partial/full remission for minimum of 2 months or a polar switch in episode (depressive to manic, etc.)