

Table 2

## PEDIATRIC BIPOLAR DISORDER SUBTYPES: DIAGNOSTIC CHARACTERISTICS AND ASSOCIATED FEATURES

DSM-IV subtype	Minimum duration of manic symptoms	Depression symptoms	Cardinal features
<b>Bipolar I</b>	Pure mixed or manic <b>1 week (or hospitalization needed)</b>	Major depressive disorder may be the first presentation of bipolar disorder, particularly in adolescents	Multiple daily mood swings with severe irritability (mood lability) Short periods of euphoria Decreased need for sleep Hypersexuality Grandiosity Racing thoughts Pressured speech
<b>Bipolar II</b>	Hypomania <b>4 days</b>	One or more prior episodes of major depressive disorder required, each with a duration of 2 weeks	Noticeable manic symptoms that do not cause significant dysfunction or lead to hospitalization
<b>Cyclothymia</b>	Hypomania cycling with depressive symptoms <b>1 year</b>	Hypomania cycling with depressive symptoms, <i>without</i> manic, mixed, or major depressive episodes (1 year, with symptom-free intervals <2 months)	Chronic, low-level mood cycling
<b>Bipolar NOS</b>	<b>&lt; 4 days of bipolar symptoms</b>	Rapid alternation (within days) between manic and depressive symptoms <i>without</i> full manic, mixed, or major depressive episodes	May include hypomanic episodes (but <4 days) without intercurrent depression May also be diagnosed when clinician determines bipolar disorder is present but cannot determine whether it is primary, due to a general medical condition, or substance-induced, such as severe mood lability secondary to fetal alcohol syndrome or alcohol-related neurodevelopmental disorder

NOS: not otherwise specified