

# Mood Disorders



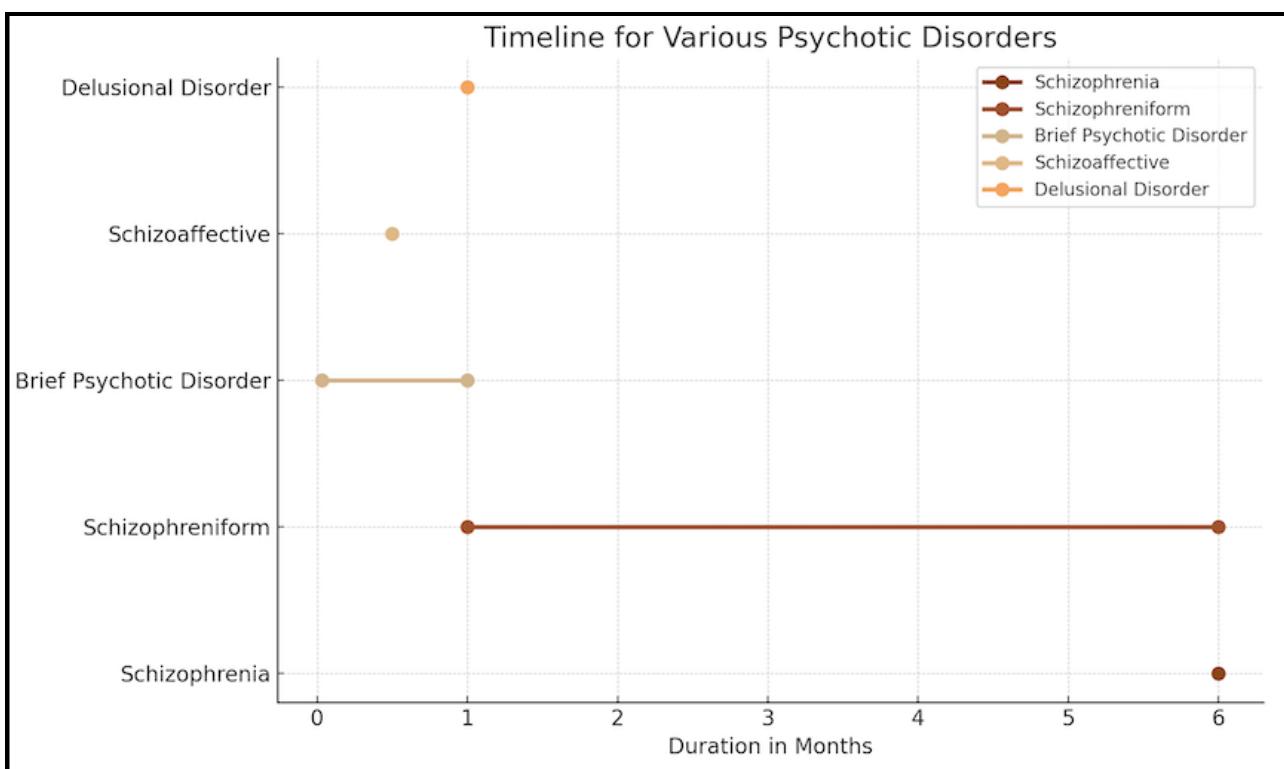
Mood Disorder	Timeline	Criteria
Major depressive disorder (MDD)	>2 weeks	At least 5 out of 9 diagnostic criteria (SIGECAPS)
Persistent depressive disorder (dysthymia)	>2 years	Depressed mood with at least 2 of the following: appetite changes, sleep issues, low energy, low concentration, feelings of hopelessness
Adjustment disorder	<6 months	Distress that is out of proportion and has impaired functioning

Mood Disorder	Timeline	Criteria
Cyclothymic disorder	>2 years	Persistent mood dysregulation with episodes of hypomania and depressive symptoms (but does not meet full MDD)
Bipolar Type I	Mania > 1 week	Manic episodes WITH OR WITHOUT major depression
Bipolar Type II	Hypomania >4 days MDD >2 weeks	Hypomania AND major depression
Schizoaffective	>2 weeks	Mania or major depression symptoms plus psychotic symptoms - psychotic symptoms do not occur during mood episodes

# Psychotic Disorders

**Features: Delusions, hallucinations, disorganized thought/speech**

Disorder	Timeline	Criteria
Brief psychotic disorder	>1 day but <1 month	At least one psychotic symptom present
Delusional disorder	>1 month	Delusions present but no other psychotic symptoms
Schizoaffective disorder	>2 weeks	Psychotic symptoms but mania/depression symptoms NOT present concurrently
Schizophreniform disorder	1-6 months	>2 symptoms: delusions, hallucinations, disorganized speech, grossly disorganized or catatonic behavior, negative symptoms
Schizophrenia	>6 months	





# Useful Mnemonics

## Depression Symptoms

### SIG E CAPS

- **S** - sleep issues
- **I** - interest loss
- **G** - guilt
- **E** - energy loss
- **C** - concentration loss
- **A** - appetite change
- **P** - psychomotor slowing
- **S** - suicidal intentions

## Mania Symptoms

### DIG FAST

- **D** - distractibility
- **I** - irresponsibility
- **G** - grandiosity
- **F** - flight of ideas
- **A** - activity increase
- **S** - sleep deficit
- **T** - talkativeness

## Altered Mental Status Causes

### AEIOU TIPS

- **A** - alcohol or acidosis
- **E** - electrolyte imbalance, epilepsy or endocrine
- **I** - infection
- **O** - overdose or opiates
- **U** - uremia
- **T** - trauma
- **I** - insulin
- **P** - psychiatric
- **S** - stroke, shock, or structural

## Mental Status Exam

### ABC MAJIC TIPS

- **A** - appearance
- **B** - behavior
- **C** - communication
- **M** - mood
- **A** - affect
- **J** - judgement
- **I** - insight
- **C** - cognition
- **T** - thought process
- **I** - intellect
- **P** - perception
- **S** - suicide or homicide risk