

5 CLUES TO HELP IDENTIFY BIPOLAR DEPRESSION

3 IN 4 PATIENTS with bipolar disorder are misdiagnosed, most often with unipolar depression¹



Onset/Relapse²⁻⁶

- Early age of onset of first depressive episode (<25 years)
- Postpartum onset



Family History²⁻⁴

- Relatives who attempted or died by suicide
- Family members with histories of mental illness or substance abuse



Antidepressant Misadventures^{1-4,7}

- Multiple failed antidepressants
- Antidepressant-induced hypomania or mania



Comorbidity, Chronicity, Chaos²⁻⁶

- Medical comorbidities (eg, migraine, obesity, diabetes)
- Psychiatric comorbidities (eg, anxiety, substance use disorders, posttraumatic stress disorder)
- Chronicity of mood episodes
- Relationship difficulties
- Issues with work/employment



Manic or Hypomanic Symptoms^{2,3,8}

- Persistently increased energy or activity
- Elevated or irritable mood
- Decreased need for sleep
- Racing thoughts and/or speech

Click here to get more helpful tools

Including Patient Brochure, Doctor Discussion Guide, and Mood Disorder Questionnaire



REFERENCES: 1. Frye MA et al. *Psychiatr Serv.* 2005;56(12):1529-1533. 2. McIntyre RS et al. *Lancet.* 2020;396(10265):1841-1856. 3. Osser DN. *Psychiatric Times.* 2021;38(10). <https://www.psychiatrictimes.com/view/bipolar-depression-how-not-to-miss-the-diagnosis>. Published October 20, 2021. Accessed October 1, 2022. 4. McIntyre RS et al. *J Clin Psychiatry.* 80(3):ot18043ah2. 5. Bauer M, Pfennig A. *Epilepsia.* 2005;46(suppl 4):8-13. 6. Perich T et al. *BMC Womens Health.* 2017;17(1):110. 7. Manning JS. *J Clin Psychiatry.* 2003;64(suppl 1):24-31. 8. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders.* 5th ed Text Revision. American Psychiatric Association; 2022.