

Characteristic Symptoms of Depression and Mania

	DEPRESSION	MANIA
To have a diagnosis A person must have:	Depressed mood or Loss of interest or pleasure in things you used to enjoy	Distinctly abnormal and persistently elevated, expansive or irritable mood.
	This must last at least 14 days. This change should be accompanied by 5 of the following symptoms:	This must last at least 7 days. This change should be accompanied by 3 of the following symptoms:
Accompanied by:	<ul style="list-style-type: none"> ✓ Reduced interest, fatigue or agitation ✓ Insomnia or increased sleep (hypersomnia) ✓ Significant weight loss or gain ✓ Reduced or increased appetite ✓ Reduced ability to think or concentrate or indecisiveness ✓ Feelings of worthlessness ✓ Recurrent thoughts of death 	<ul style="list-style-type: none"> ✓ Increase in goal directed activity ✓ Excessive investment in pleasurable activities ✓ Reduced need for sleep ✓ More talkative than usual with a pressure to keep talking ✓ Subjective experience of thoughts racing ✓ Increased self-esteem ✓ Grandiose ideas
Also:	These symptoms cause significant distress and/or impair social, occupational or other important areas of functioning	These symptoms should substantially impair functioning or require that the person is hospitalized