

Form 3.1

Section 1: Mood episode summary

The mood episode summary is the first section of Form 3.1. Section 1 (from pages 54–55 of the book) is reproduced below. It will likely be most convenient to download, print, and complete it as you work through this assessment. You should mark each of the following boxes for which you checked yes to the corresponding questions on pages 46–54 of the book. If you have not yet done so, please answer the questions on the those pages and check the following boxes as instructed.

Depression and anhedonia

- a. Depressed mood (question 4)
- b. Anhedonia (question 5)

Other depressive symptoms

- c. Appetite/weight (question 6)
- d. Sleep (question 7)
- e. Psychomotor (question 8)
- f. Fatigue (question 9)
- g. Worthlessness/guilt (question 10)
- h. Thinking/concentrating/indecisive (question 11)
- i. Thoughts of death/suicide (question 12)

Distress/impairment and medical causes

- j. Distress/impairment (question 13)
- k. Medical cause (question 14)

Dysthymic disorder

- l. Episode lasting two years or longer (question 15)
- m. Low self-esteem (question 16)
- n. Hopelessness (question 17)

Mood elevation episodes

- o. Mood elevation (question 18)
- p. Grandiosity/elevated self-esteem (question 19)
- q. Decreased need for sleep (question 20)
- r. Increased talkativeness (question 21)

- s. Racing thoughts (question 22)
- t. Distractibility (question 23)
- u. Increased activity (question 24)
- v. Increased pleasurable activity (question 25)
- w. Psychotic symptoms (question 26)
- x. Interference with your life (question 27)
- y. Hospitalization (question 28)
- z. Medical cause (question 29)
- aa. Mixed episode (question 30)
- bb. One-week duration (question 31)
- cc. Four-day duration (question 32)

Form 3.1

Section 2: Mood episodes you have experienced

In this section of Form 3.1, we will use information from the mood episode summary form to determine whether you have met the criteria for one or more specific types of mood episodes. First, put a check in each circle as instructed by taking information from Section 1 (mood episode summary). Next, check the box on the left for any mood episodes for which you have ever met the criteria (as defined by the items listed below each). YOU MAY MEET (OR HAVE MET IN THE PAST) THE CRITERIA FOR MORE THAN ONE TYPE OF EPISODE.

- Major depressive episode. It is likely that you are now experiencing (or have experienced in the past) an episode of major depression if you:
 - Checked item (a) and/or (b), and
 - Checked at least five total symptoms from items (a) through (i), and
 - Checked item (j), and
 - Did not check item (k).
- Dysthymic episode. It is likely that you are now experiencing (or have experienced in the past) an episode of dysthymic disorder if you:
 - Checked item (a), and
 - Checked at least two other depressive symptoms from items (c) through (i) and (m) through (n), and
 - Checked item (l), and
 - Checked item (j), and
 - Did not check item (k).
- Other depressive episode. You may have (or have had in the past) a milder form of depressive episode if you:
 - Checked any item or items (a) through (i) and (m) through (n), and
 - Checked item (j), and
 - Did not check item (k).

- Manic episode. It is likely that you are now experiencing (or have experienced in the past) a manic episode if you:
 - Checked item (o), and
 - Checked at least three of items (p) through (v), and
 - Checked item (x), and
 - Checked item (bb), and
 - Did not check item (z).
- Hypomanic episode. It is likely that you are now experiencing (or have experienced in the past) a hypomanic episode if you:
 - Checked item (o), and
 - Checked at least three of items (p) through (v), and
 - Checked item (x), and
 - Checked item (cc), and
 - Did not check item (w), (y), (z), or (aa).
- Mixed episode. It is likely that you are now experiencing (or have experienced in the past) a mixed episode if you:
 - Checked item (aa), and
 - Met the criteria for a manic episode at least once in your life.
- Other mood elevation episode. It is possible that you are now experiencing (or have experienced in the past) a milder form of mood elevation episode if you:
 - Checked item (o), and
 - Checked any items (p) through (v), and
 - Did not check item (w), (y), (z), or (aa).
- Mood episode due to a medical condition. It is possible that you are now experiencing (or have experienced in the past) a mood episode due to a medical condition if you:
 - Checked item (k) and/or (z), and
 - Met the criteria for any mood episode listed above.

Form 3.1

Section 3: Your likely mood disorder diagnosis

This section of Form 3.1 will help to determine your most likely diagnosis. First put a check in each circle for which you meet the criteria from Section 2. Then put a check in each box for which you meet (or have met) the required criteria. Below some disorders you will find listings for associated episodes, recurrence, and clinical status. The “associated episodes” bullet points provide information about the types of episodes you may have experienced in addition to those required for diagnosis. The recurrence and clinical status bullet points allow you to further characterize your disorder. Some individuals may have met the criteria for more than one disorder.

- Major depressive disorder.** You most likely have major depressive disorder if you:
- Met the criteria for a major depressive episode that was NOT due to a medical condition at least once in your life
 - Have never met the criteria for a manic, hypomanic, mixed, or other mood elevation episode

Associated episodes

- You may have met the criteria for one or more episodes of dysthymic disorder and/or other depressive episode

Recurrence

- Classify as single episode if you have had only one major depressive episode in your life
- Classify as recurrent if you have had more than one major depressive episode

Clinical status

- Classify as major depression, current if you are currently experiencing symptoms
- Classify as major depression, partial remission if you have improved from treatment but are still having some symptoms
- Classify as major depression, full remission if you are no longer having any symptoms as a result of either treatment or spontaneous remission

- Dysthymic disorder.** You most likely have dysthymic disorder if you:
- Currently meet (or have met in the past) the criteria for a dysthymic episode that is NOT due to a medical condition
 - Have never met the criteria for a manic, hypomanic, mixed, or other mood elevation episode

Associated episodes

- You may also have met the criteria for one or more previous episodes of dysthymic disorder and/or other depressive episode
- You may also have previously met the criteria for a major depressive episode as long as the most recent episode was in full remission for at least two months before the onset of your current symptoms
- Depressive disorder not otherwise specified.** You may have depressive disorder not otherwise specified if you:
 - Have currently (or have in the past) met the criteria for an “other depressive episode”
 - Have never met the criteria for a major depressive, dysthymic, manic, hypomanic, mixed, or other mood elevation episode
- Adjustment disorder with depressed mood.** You may have adjustment disorder with depressed mood if you:
 - Have currently (or have in the past) met the criteria for an “other depressive episode”
 - Have experienced symptom onset within three months of a specific stressor (other than grief)
 - Have never met the criteria for a major depressive, dysthymic, manic, hypomanic, mixed, or other mood elevation episode
- Bipolar I disorder.** You most likely have bipolar I disorder if you:
 - Have met the criteria for a manic or mixed episode that was NOT due to a medical condition at least once in your life

Associated episodes

- You may also have met the criteria for one or more episodes of major depressive disorder, dysthymic disorder, other depressive episode, hypomanic episode, and other elevation mood episode

Clinical status

- Classify as bipolar I disorder, manic if you are currently experiencing a manic episode
- Classify as bipolar I disorder, hypomanic if you are currently experiencing a hypomanic episode
- Classify as bipolar I disorder, depressed if you are currently experiencing a depressive episode
- Classify as bipolar I disorder, mixed if you are currently experiencing a mixed episode
- Classify as bipolar I disorder, full remission if you are no longer having any symptoms
- Classify as bipolar I disorder, partial remission if you have improved from treatment but are still having some symptoms

- Bipolar II disorder.** You most likely have bipolar II disorder if you:
 - Have met the criteria for a hypomanic episode that was NOT due to a medical condition at least once in your life
 - Have met the criteria for a major depressive episode that was NOT due to a medical condition at least once in your life
 - Have never met the criteria for a manic or mixed episode
 - Have never experienced psychotic symptoms or required hospitalization during an episode of mood elevation

Associated episodes

- You may also have met the criteria for one or more episodes of dysthymic disorder, other depressive episode, and other elevation mood episode

Clinical status

- Classify as bipolar II disorder, hypomanic if you are currently experiencing a hypomanic episode
- Classify as bipolar II disorder, depressed if you are currently experiencing a depressive episode
- Classify as bipolar II disorder, full remission if you are no longer having any symptoms
- Classify as bipolar II disorder, partial remission if you have improved but are still having some symptoms

- Cyclothymic disorder.** You most likely have cyclothymic disorder if you:
 - Have met the criteria for multiple hypomanic episodes that were NOT due to a medical condition over a two-year period or longer
 - Have met the criteria for multiple other depressive episodes that were NOT due to a medical condition over the same two-year period or longer
 - Have never met the criteria for a major depressive, manic, or mixed episode
 - Have never experienced psychotic symptoms or required hospitalization during an episode of mood elevation
- Bipolar disorder not otherwise specified.** You might have bipolar disorder not otherwise specified if you:
 - Have ever met the criteria for hypomanic episodes that were NOT due to a medical condition but have NEVER experienced any depressive episodes
 - Have met the criteria for both other depressive episodes and other mood elevation episodes that were NOT due to a medical condition
 - Have never met the criteria for a major depressive, manic, or mixed episode
 - Have never experienced psychotic symptoms or required hospitalization during an episode of mood elevation

- Mood disorder due to a medical condition.** You might have mood disorder due to a medical condition if you:
 - Have met the criteria for one or more mood episodes that were due to a medical condition
 - Have never met the criteria for a mood episode that was not due to a medical condition

You should now have a good idea of whether it is likely that you have a mood disorder and, if so, what your most probable diagnosis is. The next topic we need to consider is differential diagnosis.