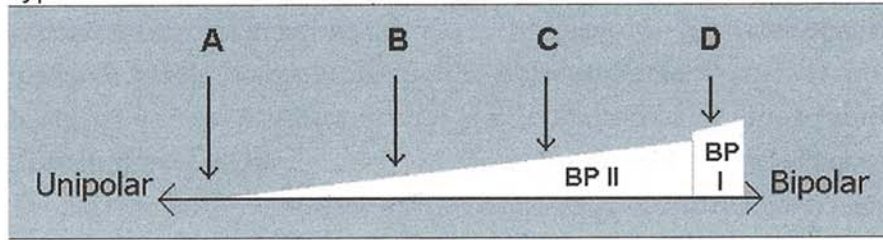


Hypomania and Mania



Hypomania varies in a smooth, continuous ramp, with no natural cutoff points as it diminishes toward zero. Here are examples of symptoms occurring at four points along the Bipolar Spectrum. Intermediate forms exist in between these four points.

TABLE 2.1 The Spectrum of Manic Symptoms

Symptom	A (None)	B (Mild)	C (Moderate)	D (Severe)
Grandiosity	Unchanging view of self	Pleased with accomplishments, abilities, prospects	"Life of the party," charismatic	Unshakable confidence, offending people
Sleep	Unchanging (7–8 hrs.)	5–6 hrs. or awake 1–2 hrs. per night	Fine on 4 hrs.; or frequent wakening	2 hrs. then energetic, or waking and partly asleep, all night
Talkativeness	Like other people	Chatty, lots to say about anything	"Motor mouth," hard to slow down or stop	Uninterruptible, difficult to understand
Racing thoughts	Nothing unusual	Many ideas, good or bad (e.g., creative or negative ideas)	Brilliant or terrible connections, rapid, constant	Fragmented, extremely rapid jumping from idea to idea
Distractibility	Usual level of attention, focus	Sustained attention is decreased, jumpy	Unorganized, much less effective	No focus, gets little done
Increased activity	Usual level, like others, unchanging	More projects and ideas, can be very productive	Increased pace and range of activities, impulsive	Constant, driven, dangerous choices
Painful consequences	Usually avoided	Some choices regrettable, but not irreparable	Spending \$100s, increased sex drive, mild risk	Spending sprees (\$1,000 and up), unwise sex, drug use, illegalities
Irritability	Like others, controllable	Unfortunate, requiring later apologies	Frequent and surprising, out of control	Hostile, scary, some risk of physical actions

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