



WHAT IS MANIC DEPRESSION?

NEWSLETTER

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This questionnaire should be used as a starting point. It is not a substitute for a full medical evaluation.

INSTRUCTIONS: Please answer each question as best you can.

1. Has there ever been a period of time when you were not your usual self and...	SI	NO
... you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?		
... you were so irritable that you shouted at people or started fights or arguments?		
... you felt much more self-confident than usual?		
... you got much less sleep than usual and found that you didn't really miss it?		
...you were more talkative or spoke much faster than usual?		
... thoughts raced through your head or you couldn't slow your mind down?		
... you were so easily distracted by things around you that you had trouble concentrating or staying on track?		
... you had much more energy than usual?		
... you were much more active or did many more things than usual?		
... you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?		
...you were much more interested in sex than usual?		
... you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?		
... spending money got you or your family in trouble?		
2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?		

*Provided by Hirschfeld RM. *Am J Psychiatry*. 2000;157(11):1873-5.



If you answer "Yes" to 7 or more of the events in question #1 and "Yes" to question #2, look for help. If somebody you know has experiences any of these symptoms offer to help

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Manic depression, also known as **Bipolar Disorder**, is characterized by periods of excitability (mania) alternating with periods of depression. The "mood swings" between mania and depression can be very abrupt. People with manic depression have had at least one fully manic episode with periods of major depression.

The manic phase may last from days to months and include the following symptoms:

- Elevated mood
 - Racing thoughts
 - Hyperactivity
 - Increased energy
 - Lack of self-control
- Inflated self-esteem (delusions of grandeur, false beliefs in special abilities)
- Over-involvement in activities
- Reckless behavior
 - Spending sprees
 - Binge eating, drinking, and/or drug use
 - Sexual promiscuity
 - Impaired judgment
- Tendency to be easily distracted
- Little need for sleep
- Easily agitated or irritated
- Poor temper control

The depressed phase of both types of bipolar disorder involves very serious symptoms of major depression:

- Persistent sadness
- Fatigue or listlessness
- Sleep disturbances
 - Excessive sleepiness
 - Inability to sleep
- Eating disturbances
 - Loss of appetite and weight loss
 - Overeating and weight gain
- Loss of self-esteem
- Feelings of worthlessness, hopelessness and/or guilt
- Difficulty concentrating, remembering, or making decisions
- Withdrawal from friends
- Withdrawal from activities that were once enjoyed
- Persistent thoughts of death

**This information was provided by Medline Plus Encyclopedia.*