

IS SHE IN A
MANIC ~~**O**~~R DEPRESSED **D**
STATE?

Understanding mixed features of bipolar I disorder



Actor portrayal.

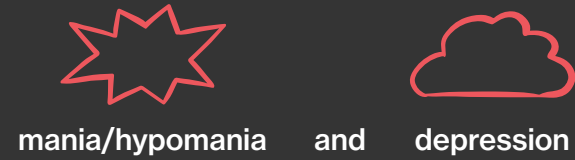
“

You will not know if a depressed patient has (hypo)manic symptoms or a positive family history of bipolar disorder **unless you ask!**”

–Stahl SM, Morrissette DA, Faedda G, et al.
CNS Spectrums. 2017;22:203-219

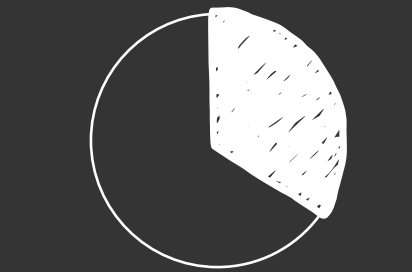
Mixed states of bipolar I can be challenging to identify¹

Bipolar I disorder is characterized by recurring episodes of²:



According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*, about one-third of patients with bipolar I experience mixed states.²

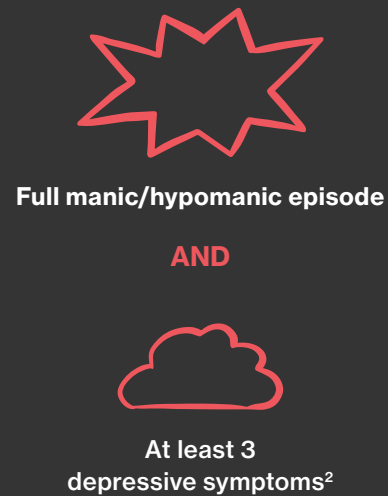
Despite the prevalence of mixed states, they are not easily or consistently identified by clinicians.¹



ABOUT ONE-THIRD OF PATIENTS WITH BIPOLAR I experience mixed states²

How are mixed states defined?

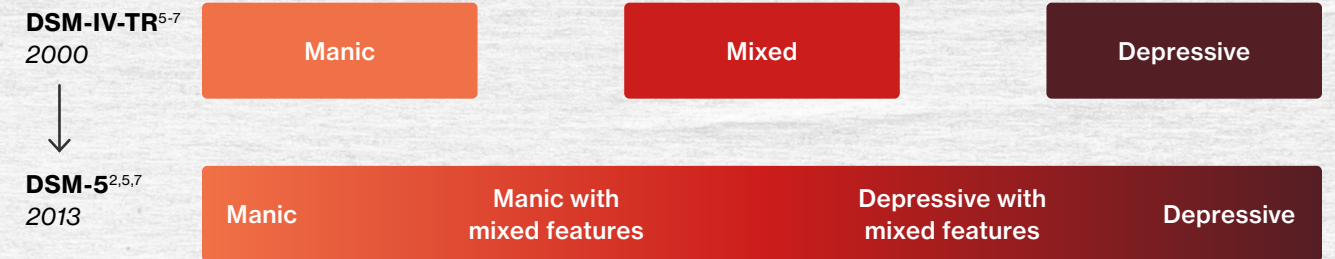
Bipolar I mixed states are an often debilitating combination of manic and depressive states occurring at the same time.³



For additional DSM-5-TR criteria to help identify mixed features of bipolar I disorder, visit IsItMixed.com

Several factors may account for the difficulty of diagnosing mixed states

- Patients typically seek help for one symptom (eg, depression)²
- Presentations of bipolar I are heterogeneous and often change over time^{2,3}
- The definition of mixed states in bipolar I has continued to evolve⁴



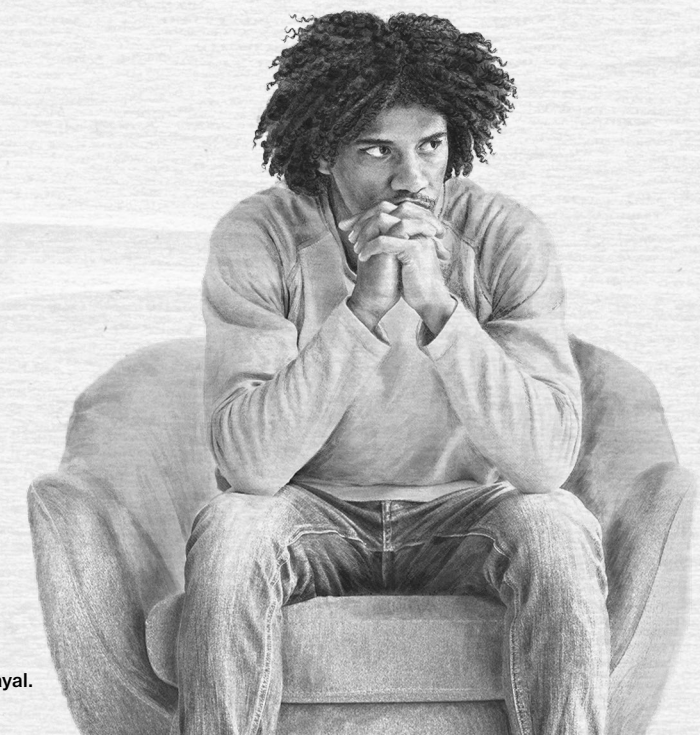
Hu J, Mansur R, McIntyre RS. The Primary Care Companion for CNS Disorders. Volume 16, PCC.13r01599. Copyright 2014. Physicians Postgraduate Press. Adapted with permission.⁷

DSM-5 shifted from the DSM-IV concept of a “mixed episode” (full criteria for both depressive and manic episodes) to that of an episode of mania or depression with a “mixed features specifier.”⁴

Mixed states are associated with:

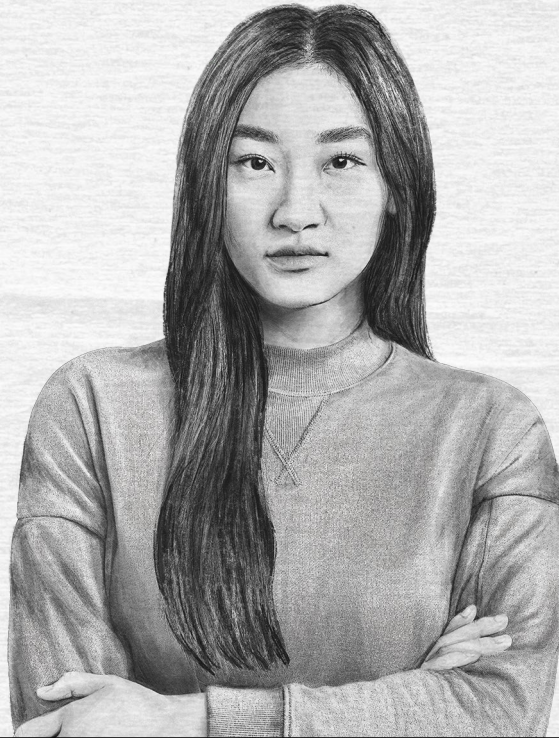
- Severe depression⁸
- Long duration of illness⁸
- Poor prognosis^{2,6,8}
- Suicidal behavior^{2,3}
- Frequent hospitalizations⁹

The severity of mixed states highlights the importance of **assessing patients for the full spectrum of bipolar symptoms.**⁶



Actor portrayal.

Thorough and accurate assessment of mixed states in bipolar I is essential.⁸



Actor portrayal.

For additional information and resources
about mixed states of bipolar I:

Visit [IsItMixed.com](https://www.IsItMixed.com)

References: **1.** Young AH, Eberhard J. Evaluating depressive symptoms in mania: a naturalistic study of patients with bipolar disorder. *Neuropsychiatr Dis Treat.* 2015;11:1137-1143. **2.** Diagnostic and statistical manual of mental disorders, DSM-5-TR. American Psychiatric Association. 2022. **3.** Yatham, LN, Kennedy SH, Parikh SV, et al. Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) 2018 guidelines for the management of patients with bipolar disorder. *Bipolar Disord.* 2018;20(2):97-170. **4.** American Psychiatric Association. Highlights of Changes from DSM-IV-TR to DSM-5. 2013. **5.** Diagnostic and statistical manual of mental disorders, DSM-5. American Psychiatric Association. 2013. **6.** Goldberg JF, Perlis RH, Bowden CL, et al. Manic symptoms during depressive episodes in 1,380 patients with bipolar disorder: findings from the STEP-BD. *Am J Psychiatry.* 2009;166(2):173-181. **7.** Hu J, Mansur R, McIntyre RS. Mixed specifier for bipolar mania and depression: highlights of DSM-5 changes and implications for diagnosis and treatment in primary care. *Prim Care Companion CNS Disord.* 2014;16(2):PCC.13r01599. doi:10.4088/PCC.13r01599 **8.** Stahl SM, Morrissette DA, Faedda G, et al. Guidelines for the recognition and management of mixed depression. *CNS Spectrums,* 22(2)203-219. doi:10.1017/S1092852917000165 **9.** Shim IH, Woo YS, Bahk WM. Prevalence rates and clinical implications of bipolar disorder “with mixed features” as defined by DSM-5. *J Affect Disord.* 2015;173:120-125.

