

Depression With Mixed Features: Diagnostic Tips	
Manic Symptom	Common Mixed Presentation
Elevated mood or energy	Mood is labile but rarely euphoric. The elevated energy feels uncomfortable—“wired, restless, crawling out of my skin”—and can resemble akathisia.
Impulsivity	It often has a reckless or depressive tone (eg, quitting relationships or jobs, breaking things, aggressive driving, self-harm, and—in the worst case—suicide). When pleasurable in nature, patients may explain away the impulsivity as an attempt to relieve depression (eg, hyperspending through “retail therapy,” binge eating, addictions, or pornography).
Decreased need for sleep	When sleep is decreased in quantity, patients usually still feel they need it, either because of depressive fatigue or because they dread consciousness.
Increased confidence	Patients are demanding or intimidating, or demonstrate undue certainty in their beliefs.
Racing thoughts	Patients’ minds are “crowded” with depressive or anxious thoughts.
Rapid or pressured speech	This is similar to classic mania, but often has a desperate, urgent tone and is associated with dramatic expressions of suffering.
Irritability, distractibility, and motor agitation	Although common in mixed states, these symptoms do not count toward the diagnosis in DSM-5 because they are common in many other disorders as well.

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 by **Chris Aiken, MD**
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