

Is It ADHD or Bipolar Disorder?

Symptoms More Characteristic of ADHD	Symptoms More Characteristic of Bipolar Disorder
Increase in energy or being "on the go," but energy not unlimited	Seemingly unlimited energy
Frequently interrupts others	Pressured speech and racing thoughts may lead to interrupting others
Mood changes are situational	Mood changes are random or cyclical and include depression
Fails to take precautions	Hypersexual
Stays up late, tired the next day	Little or no need for sleep
Few good peer matches	Difficulty connecting with any peers due to being consumed by mood states
Responds to stimulants	Responds to mood stabilizers but not to stimulants alone
Present from early childhood	Develops over time, usually in teens or early 20s
Not often suicidal	Frequent suicidal intent

Sources: <https://www.additudemag.com/adhd-vs-bipolar-a-guide-to-distinguishing-look-alike-conditions>

https://www.webmd.com/add-adhd/childhood-adhd/bipolar_disorder