



Other Specified Bipolar and Related Disorder

In the upcoming text revision of the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR), example #3 hypomanic episode without prior major depressive episode was revised to resolve a conflict with criterion E for persistent depressive disorder. In addition, a fifth example, Manic Episode Superimposed was added.

Rationale for Change

Example 3: The change, as approved by the DSM Steering Committee and APA Assembly and Board of Trustees, involves the other specified bipolar and related disorder third example, “hypomanic episode without prior major depressive episode.” In DSM-5, this example included presentations with one or more hypomanic episodes but no history of major depressive episodes, otherwise, the diagnostic criteria would have been met for bipolar II disorder. However, the sentence “if this occurs in an individual with an established diagnosis of persistent depressive disorder (dysthymia), both diagnoses can be concurrently applied during the periods when the full criteria for a hypomanic episode are met” conflicts with criterion E for persistent depressive disorder, which states in part that “there has never been a manic episode or a hypomanic episode.” The conflicting text will be deleted in DSM-5-TR to reflect the correct meaning and resolve the conflict with criterion E for persistent depressive disorder.

Example 5: A fifth example, manic episode superimposed, was added to other specified bipolar and related disorder. This example applies when other psychotic disorders from the exclusion criterion for bipolar I and bipolar II disorders (i.e., schizophrenia, delusional disorder, psychotic disorder NOS) do not have mood episodes as part of their diagnostic criteria so there is no way for the mood episodes to be “accounted for” by the diagnosis. For these disorders, mood episodes can instead be “superimposed on” the psychotic disorder, rather than being accounted for by it. This example applies when a manic episode occurs concurrently with a psychotic disorder that does not have mood episodes as part of its diagnostic criteria.

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

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