

DIAGNOSING BIPOLAR VS. ADHD

Symptom	Bipolar Disorder	ADHD
Euphoria/giddiness	Excessive	Appropriate to situations
Irritability	Severe and intense, accompanied by tantrums	Occasional, may be caused by medication "wear-off"
Self-esteem	Grandiose/Self Reproach	Demoralized
Sleep patterns	Decreased need for sleep	Difficulty settling at night
Speech patterns	Pressured, fragmented, with flight of ideas	Energetic and quick
Thought processes	Racing thoughts; psychosis can occur	Patients do not report racing thoughts
Attention	Distractible	Distractible
Activity level	High energy, on-the-go, multiple projects, creative High risk behaviors, impulsive	Hyperactive, multiple projects; impulsive
Disruptive behaviors	Can become aggressive	Intrusive and active
		Dr. Charles Popper

IS IT ADHD BIPOLAR OR BOTH?

Early Onset Bipolar

- ✓ *child is able to focus/attend when mood is stable/euthymic*
- ✓ *when depressed the child may have difficulty concentrating, slowing in motor skills, diminished ability to think straight/clear*
- ✓ *Tantrums are protracted and often triggered by limit setting*
- ✓ *symptoms are cyclical or intermittent in nature*

ADHD

- ✓ *continuous/non remitting inability to focus - needs novelty*
- ✓ *not depressive, no diminished cognition*
- ✓ *Tantrums are shorter in duration and often a result of overstimulation*
- ✓ *symptoms are continuous and non remitting*

IS IT ADHD BIPOLAR OR BOTH?

Early onset Bipolar

- ✓ *difficult time sitting still, “wired”, full of energy, (agitated) increased creativity or goal direction*
- ✓ *Intentionally challenges authority (i.e. bossy, argues with adults, grandiose)*
- ✓ *destructive, breaks things in anger*
- ✓ *Hypersexual or sexual precocity*

ADHD

- ✓ *excess energy, constant movement, and being on the go, (not agitated)*
- ✓ *Does not typically challenge authority, responds to redirection, apologetic*
- ✓ *break things, but NOT purposeful*
- ✓ *Not present, age appropriate*



Mood Disorders: Reshaping Best Practices for the Clinician and the Classroom, Part 1

September 17, 2015

Paula Dufault pduf4@cox.net

Christine Hartley meandmytwoblue@gmail.com

SYMPTOMS

Mood Lability - Symptoms

- Frequent or intense mood changes or shifts outside the typical experience
- More than occasional ups and downs
- Constant state of mood instability
- Emotional dysregulation
- Emotional responses out of proportion to the situation

Anxiety - Symptoms

- Preoccupation with “what ifs” or ruminations
- Excessive unrealistic worry
- Difficulty concentrating, restlessness, somatic complaints, muscle tension, sleep disturbance
- Social avoidance
- School refusal and/or frequent absences
- Panic attacks
- Unexplained fear
- Separation anxiety

Manic/Hypomanic Episodes

Manic or Hypomanic episodes in children are associated with elated/euphoric (silly-goofy-giddy) and/or angry/irritable mood states, and three or more of the following symptoms and behaviors (four or more if irritable mood only):

- Flight of ideas (many ideas at once may overlap and be unrelated)
- More talkative than usual, pressured speech (rapid, or compelled to keep talking, child may become agitated when thwarted or interrupted)
- Subjective experience of thoughts racing
- Diminished or decreased need for sleep (sleeping less hours)
- Distractibility
- Increase in goal directed activity



Mood Disorders: Reshaping Best Practices for the Clinician and the Classroom, Part 1

- Excessive involvement in pleasurable activities that have a high potential for painful consequences
- Heightened interest, enjoyment, and enthusiasm for usual activities
- Over-estimation of resources and capabilities
- Over-valuation of self and others
- More argumentative than usual
- Overbearing, bossy, in pursuit of personal needs or agenda

Depression

Depressive episodes are associated with dysphoric/sad/irritable and/or anxious/fearful mood states and four or more of the following symptoms and behaviors, *(These are accompanied with loss of interest/pleasure in previously enjoyed activities often resulting in expression of boredom and excessive stimulus seeking behaviors)*

- Slowed speech
- Decreased sense of self esteem
- Paucity of thought
- Increased need for sleep or disrupted sleep
- Loss or increase of appetite
- Decrease or loss of energy
- Difficulty sustaining attention
- Diminished ability to concentrate or indecisiveness
- Psychomotor retardation (slowing of physical and emotional reactions)
- Loss of motivation or initiative
- Under-estimation of resources and capabilities
- Devaluation of self and others
- Negative interpretation of self and others
- Negative interpretation of events and misattribution (incorrect/mistaken interpretation) of others behavior
- Recurrent thoughts of death, recurrent suicidal ideation



Mood Disorders: Reshaping Best Practices for the Clinician and the Classroom, Part 1

Paula Dufault and Christine Hartley

REFERENCES

- ⊙ American Psychiatric Association (2013). *Diagnostic and statistical manual of disorders, Fifth Edition*. Washington, D.C. APA
- ⊙ Bipolar Child Support (2013). Retrieved from www.bipolarsupport.com/articles1.html
- ⊙ Child & Adolescent Bipolar Foundation (2007). *Educating the child with bipolar disorder*. Wilmette: CABF.
- ⊙ Eisen, A., Engler, L., & Sparrow, J. (2006). *Helping your child overcome separation anxiety or school refusal*. Oakland: Raincoast Books.
- ⊙ Fristad, M., Goldberg-Arnold, J., & Leffler, J. (2011). *Psychotherapy for children with bipolar and depressive disorders*. New York: Guilford Press.
- ⊙ Fristad, M., Goldberg-Arnold, J., & Leffler, J. (2003). *Raising a moody child: How to cope with depression and bipolar disorder*. New York: Guildford Press.
- ⊙ Geller, B., & Delbello, M. (2003). *Bipolar in childhood and early adolescence*. New York: Guilford Press.
- ⊙ Greatschools. (2013, May 1). *Raising Sadie: My bipolar child*. Retrieved from <http://www.youtube.com/watch?v=2xKv3FwRhUM>.
- ⊙ Greenberg, R. (2007). *Bipolar kids*. Philadelphia: Da Capo Press.
- ⊙ Greenberg, R. (Producer). (2009) *Rescuing childhood: Understanding bipolar disorder in children and adolescents* [DVD]. Available from <http://www.aheadwithautism.com>.
- ⊙ Lofthouse, N. L. & Fristad, M. A. (2006). Bipolar disorders in G.G. Bear & K. M. Minke (Eds). *Children's needs III: Development, prevention, and intervention* (pp. 211-234). Bethesda, MD: National Association of School Psychologists.
- ⊙ Massachusetts General Hospital (2008). School Psychiatry Program & Madi Resources Center, retrieved from <http://mayoclinic.com/health/bipolar-disorder/DS00356>
- ⊙ Michelson, S. (2012). Healing young minds and hearts. https://www.youtube.com/watch?v=t_32nMYeRfE
- ⊙ Minnesota Association for Children's Mental Health (2014). *A guide to student mental health and wellness in California*. Saint Paul: MACMH.
- ⊙ National Association of Mental Illness (2013). *Number of Americans affected by mental illness*. Retrieved from www.nami.org.



Mood Disorders: Reshaping Best Practices for the Clinician and the Classroom, Part 1

Paula Dufault and Christine Hartley

- ⦿ Packer, L. E. (2002). *Accommodating students with mood lability: Depression and bipolar disorder* retrieved from www.schoolbehavior.com
- ⦿ Papolos, D. & Bronsteen, A. (2010, November 21). *Blogtalkradio* [audio podcast]. Retrieved from <http://www.blogtalkradio.com/thecoffeeklatch/2010/11/22/alissa-bronsteen-dimitri-papolos--child-bipolar>
- ⦿ Papolos, D. & Papolos, J. (2002). *The bipolar child*. New York: Broadway Books.
- ⦿ Papolos, D. & Papolos, J. (Producer). (2007). *24: A day in the life of bipolar children and families* [DVD]. Available from <http://bipolarchild.com/about/24-a-day-in-the-life-of-bipolar-children-and-their-families/>
- ⦿ Papolos, J. (2004). *Educating and nurturing the bipolar child* [DVD]. Available from www.jbrf.org
- ⦿ Papolos, D. & Papolos, J. (Producer). (2006). *The bipolar child, 3rd edition: The definitive and reassuring guide to childhood's most misunderstood disorder*. New York: Broadway Books.
- ⦿ Popper, C. (2007). *Diagnosing bipolar vs. ADHD*. Retrieved from http://www.nami.org/Content/Microsites138/NAMI_Fort_Wayne_Indiana/Home128/Resource_Manual_for_Educators/Bipolar_vs_ADHD.pdf
- ⦿ Swartz, K. (2013). *The eighth annual early onset bipolar medical briefing luncheon: All about children, adolescents, and families*. Retrieved from <http://www.ryanlichtsangbipolarfoundation.org/site/c.ltjZJ8MMIsE/b.2107353/k.C8C5/Events.htm>
- ⦿ Villasenor, D., Brock, S., & Hopper, B. (2008). *Bipolar disorder in the classroom* retrieved from <http://www.csus.edu/indiv/b/brocks/Workshops/CASP/Bipolar%20CASP.pdf>
- ⦿ Wozniak, J. (2011). The clinical and treatment implications of co-occurring mania and ADHD in youths. *Psychiatric Times*, Dec., p. 45.
- ⦿ Wozniak, J. & McDowell, M. (2008). *Is your child bipolar: The definitive resource on how to identify, treat, and thrive with a bipolar child*. New York: Bantam Dell.



Mood Disorders: Reshaping Best Practices for the Clinician and the Classroom, Part 1

Paula Dufault and Christine Hartley

RESOURCES

- Balanced Mind Institute, www.thebalancedmind.org
- California Department of Education, www.cde.ca.gov/sp/se
- Center for Disease Control, www.cdc.gov
- Child and Adolescent Bipolar Foundation (CABF), cabf@bpkids.org
www.bpkids.org
- Each Mind Matters, www.eachmindmatters.org
- Juvenile Bipolar Research Foundation, www.jbrf.org
- Ryan Licht Sang Foundation,
<http://www.ryanlichtsangbipolarfoundation.org/site/c.ltJZJ8MMIsE/b.2107311/k.BCD3/Home.htm>
- The Storm in my Brain. A publication from the Child & Adolescent Bipolar Foundation (CABF),
http://www.bpkids.org/site/pageserver/?pagename=lm_books_children
- The Student with Bipolar Disorder: An Educator's Guide (2002),
www.bpchildren.com