



Bipolar Disorder in Children and Adolescents

Presented by:
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- Children and adolescents with severe episodic irritability and severe behavior symptoms.

Diagnosing Mania in Youth

- Clinicians should focus on the presence of episodes that consist of distinct change in mood accompanied by concurrent changes in cognition and behavior.

Types of Bipolar Disorders

- Bipolar I Disorder
 - Manic
 - Hypomanic
 - Depressed
 - Mixed
- Bipolar II Disorder
- Cyclothymic Disorder

Types of Bipolar Disorders

- Unspecified Bipolar and related disorders
- Other Specified bipolar and related disorders
- Substance/Medication induced Bipolar and Related disorders

Conditions that frequently co-occur with Bipolar Disorder

1. ADHD*
2. ODD*
3. PTSD*
4. Trauma related to Disorder
5. Anxiety *
6. OCD*
7. Autism, RAD*
8. Mental Disability
9. Intermittent Explosive Disorder
10. Disruptive Mood Deregulation? Disorder*
11. Sleep Wake Disorders
12. Substance Related Disorder
13. Psychotic Disorder (schizophrenia like disorders)
14. Sleep Disorders
15. Personality Disorder

Diagnostic Pearl

- 30%-40%
- 70% Family Psychiatric History:
 1. Positive for Bipolar Disorder
 2. Genetic Loading
 - Mom + (✓)
 - Dad –

 - Mom –
 - Dad + (✓)

 - Mom –
 - Dad-

 - But...Aunt, Uncle, Grandpa, Gradmother etc.

Social History Pearls

- Successful Family Member:
 - Realtors
 - Car Sales Person
 - Business Owners
 - Employees that become quickly successful
 - Multiple Educational Degrees
 - Persons with multiple jobs
 - Legal, problems

Social History Pearls

- Negative Social Pearls
 - Divorce
 - Custody
 - Single Parenting
 - 2+ siblings with single parents
 - Step Parents
 - Ignorance of Mental Illness
 - Religion
 - Domestic Violence

Medical History Pearls

- Thyroid Illness
- Diabetes
- Asthma
- Nutritional Disorders
- Diet: Caffeine, Sugar, Etc.
- Toxic Chemicals
- Medications: Steroids, Carbidopa, & Levodopa
- Vitamin D deficiency

Seasons of the Year: Sun Cycle in Bipolar Disorder and Geography

1. Seasons

- Oct. – Fall
- March – Winter

Depression

- April – Spring
- Sept. – Summer

Hypomania, Mania

- Case 5 Year old male



DSM V Diagnostic Criteria for Bipolar Disorder

Referencing: DSM V text.

Bipolar I Disorder: DSM V Criteria

- Manic episode: elevated, expansive, irritable mood for at least 1 week plus at least 3 symptoms (at least 4 symptoms if irritability is only symptom)
 1. Inflated self-esteem or grandiosity
 2. Decreased need for sleep
 3. More talkative than usual or pressured speech
 4. Flight of ideas/racing thoughts

Bipolar I Disorder: DSM V Criteria

Manic episode

5. Distractibility
6. Increased goal directed activity or psychomotor agitation
7. Involvement in high risk activity

Bipolar I Disorder: DSM V Criteria

- Hypomanic – Same symptoms but lasting for 4 consecutive days
- Depressed
 1. Depressed or irritable mood for 2 weeks plus at least 4 symptoms.
 2. Loss of interests
 3. Weight loss/weight gain

Bipolar I Disorder: DSM V Criteria

- Depressed

4. Insomnia/hypersomnia
5. Psychomotor agitation/retardation
6. Fatigue/loss of energy
7. Worthlessness/guilt
8. Poor concentration/indecisiveness
9. Suicidal thoughts/plans

Bipolar I Disorder DSM V Criteria

- Mixed episode: manic episode with major depressive episode for 1 week.

Treatments

○ Lithium-

- Children 15-60 mg/kg/day in 3-4 doses/24hrs.
- Adolescents 600-1800 mg/day in 3-4 doses/24hrs.
- Blood Levels 0.5-1 mEq/L

Treatments

- Divalproex Sodium-
- Children ≥ 7 years of age and adolescents
- Blood Level 60-90

- Carbamazepine –
- Chewable 100 g
- Susp 100g 5 ml

- Oxcarbazepine
- Tab 150 g 300 g 600 6
- Susp 300 g per 5 ml

Treatments

- Guanfacine:
 - 0.5 mg QHS for 3 weeks. Then 0.5g BID there after.



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