

Differences of AD/HD vs. Bipolar

	AD/HD	Bipolar
Morning arousal	quick	slow
Getting to sleep	difficult (short);	1-4 hours
Sleep symptoms		severe nightmares
Response to interview	more pleasant	hostile
Fighting	not looking for a fight	looking for a fight
Danger	unaware	seeks and enjoys danger
Illness	continuous	dramatic symptoms
Psychotic symptoms	no	Sometimes
Response to Lithium treatment	no	yes
Hypersexuality	no	Yes
Destructiveness	careless	purposeful
Duration of outbursts	20-30 minutes	2-4 hours
Triggers of temper tantrums	overstimulation	"no" or limit setting

Is it AD/HD, Bipolar Disorder, or Both?

Rosalie Greenberg, M.D.
Child and Adolescent Psychiatrist
Blue Harbor Foundation

Core Symptoms of AD/HD

- Inattention
- Overactivity
- Impulsivity

Bipolar Disorder

- A serious mental illness that is characterized by recurrent episodes of depression, mania, and or mixed symptom states
- These episodes cause unusual and extreme shifts in mood, energy, and behavior that interfere with normal functioning

Syptoms of Mania	Symptoms of Depression
<ul style="list-style-type: none"> • Severe changes in mood • Extreme irritability • Overly silly • Elated • Grandiosity • Increased energy • Decreased need for sleep • Increased talking • Distractibility • Hypersexuality • Increased goal-directed activity or physical agitation • Disregard of risk 	<ul style="list-style-type: none"> • Persistent sad or irritable mood • Loss of interest in activities once enjoyed • Significant change in appetite or weight • Difficulty sleeping or oversleeping • Loss of energy • Difficulty concentrating • Physical agitation or slowing • Feelings of worthlessness or excess guilt • Recurrent thoughts of death or suicide