



3900 WEST BROWN DEER ROAD, SUITE 200
 BROWN DEER, WI 53209
 PHONE: 414.540.2170 • FAX: 414.540.2171
 WWW.SHOREHAVENBHL.COM

ALL THE DEPRESSION AND MANIA SYMPTOMS©

SIG E CAPS is a mnemonic device for remembering depression symptoms. You can find a number of versions online. Our version is a fairly comprehensive list of depression symptoms. No one person has all of these. Having a handful of them for over a couple of weeks most of the time is an indicator of depression.

DEPRESSION

	PSYCHOLOGICAL	PHYSIOLOGICAL
S	Sadness, the blues, empty Shame Self-reproach Self-esteem/self-worth falling	Sleep disturbance* Slowed speech Sexual drives reduced
I	Interests narrow, loss of interests Indecision	Irritability, touchy, sensitive
G	Guilty emotions: e.g, guilt, hopelessness, helplessness, worthlessness, regret, despair	Gastro-intestinal distresses
E	Easily hurt	Energy sapped/reduced, fatigue all the time
C	Concentration & memory impaired	Constipation
A	Appearance is depressed, not well taken care of Apathy and lethargy	Appetite reduced* Anhedonia AM loss of motivation Agitation
P	Psychosocial withdrawal	Psychomotor retardation
S	Suicidal ideation	Somatic preoccupations, worry about bodily aches, pains, weakness

*Appetite and sleep decrease OR increase (hyperphagia, hypersomnia) are consistent with depression. We sometimes find reversal of the daily sleep cycle, with staying up nights and sleeping days.

*Sleep problems can also be described as

Initial - prolonged latency to falling asleep

Mediate - waking 2 or more times during the night, with trouble going back to sleep

Terminal - waking 1 or more hours before intended and not able to get back to sleep

Masked depression occurs when underlying depression is expressed through body (somatic) symptoms without feelings of sadness, depression, or blues: headache, alcohol consumption increases, somatic complaints, loss of appetite, fatigue, lack of interests, lack of sexual interest, irritability.

Children: agitated, restless, physical complaints, school avoidance

Adolescents: action-oriented symptoms, promiscuous, truant, runaway, loneliness, feel friendless and unloved, blowing up easily and out of proportion to the situation

Elderly: confusion, memory impairment, loss of energy, lethargy, more likely to give somatic complaints, feel worthless more often than guilty. Over 65s commit 18% of suicides.

MANIA

Mania can include being delusional, having hallucinations, and disturbed or illogical thinking. The grandiosity may cause trouble when the person believes he or she is so important that a major person must be approached with some message or the person behavior dangerously. A common symptom is overspending, charging up credit cards, and other risky behavior that does not consider the consequences beyond the present.

Mania can appear just once or a few times in someone's life and we still classify the depression as Bipolar. Some bipolar clients do not have full mania, but HYPOMANIA. That is a much reduced version with heightened mood and rapid talking and racing thoughts and speech and ideas, but the person is otherwise sleeping and functioning in their daily life. In full blown MANIA, a level of impairment and distress emerges that interferes in daily life. So, we distinguish BIPOLAR I, the more severe form, from BIPOLAR II, the less severe form of this disorder.

Remember, often the presentation is severe depression, but the person reports mania symptoms in the past.

DIG FAST is a memory device for mania symptoms.

PSYCHOLOGICAL		PHYSIOLOGICAL
D	Distractability	Dangerous activities, risky behavior increases
I	Impulsivity	Irritated easily or agitated, even to the point of being quarrelsome
G	Grandiosity, elation, overjoyed mood, self-important, big ideas and big plans	
F	Flight of ideas	Feeling full of energy, "hyper"
A	Active, need to get a lot done	Activity increases, on the move
S	Sociability increases but may be Spending inappropriately, large amounts	Sleep decreases, does not feel a need to sleep for 1 or 2 or 3 days Sexuality may increase
T	Talkativeness, rapid speech Thoughts racing faster than one can speak	

Clinicians have the tools for management of Depressive episodes and Bipolar Disorder. We are here to help. Call 414-540-2170

