

# Cyclothymic Disorder DSM-5 Criteria

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Cyclothymic disorder is a mood disorder characterized by chronic fluctuations between periods of mild hypomanic symptoms and depressive symptoms that do not meet the criteria for a full hypomanic or major depressive episode.

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## Diagnostic criteria

- A.** For at least 2 years (at least 1 year in children and adolescents) there have been numerous periods with hypomanic symptoms that do not meet criteria for a hypomanic episode and numerous periods with depressive symptoms that do not meet criteria for a major depressive episode.
- B.** During the above 2-year period (1 year in children and adolescents), Criterion A symptoms have been present for at least half the time and the individual has not been without the symptoms for more than 2 months at a time.
- C.** Criteria for a major depressive, manic, or hypomanic episode have never been met.
- D.** The symptoms in Criterion A are not better explained by schizoaffective disorder, schizophrenia, schizophreniform disorder, delusional disorder, or other specified or unspecified schizophrenia spectrum and other psychotic disorder.
- E.** The symptoms are not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).
- F.** The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

### **Specify if:**

- With anxious distress
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## Reference

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>