

Clinical high-risk factor for bipolar disorder

Meet at least one of the following high-risk factors for bipolar disorder:

- A. Young age of onset (before 18 years old)
- B. Positive family history of bipolar disorder
- C. Obvious negative beliefs and/or behaviors
- D. Meet at least three of the following subliminal manic symptoms during anxiety attack period:
 - (1) High mood;
 - (2) Inflated or exaggerated self-esteem;
 - (3) Being more talkative than usual or feeling pressure to keep talking;
 - (4) Drifting thoughts or subjective feeling of flight thought;
 - (5) An increase in energetic or purposeful activities (social, work or school, or sexual activity);
 - (6) Increased or excessive participation in activities that have a high likelihood of a painful outcome (*e.g.* Prudent shopping, imprudent sex, foolish business investments);
 - (7) Reduced need for sleep (as opposed to insomnia, feeling rested despite sleeping less than usual)