### Presenting Clinical Details

5. What was the predominant mood state of the young person during this first episode of Bipolar Disorder? (Please tick all that apply)
   - Elevated
   - Depressed
   - Irritable

6. Were any psychotic features present?
   - Yes
   - No

   If YES, were they mood-congruent or incongruent?
   - Congruent
   - Incongruent

7. Has this young person presented previously with any of the following mood disturbance episodes? (Please tick all that apply)
   - Depressed
   - Manic
   - Hypomanic
   - Mixed
   - No

8. How long was the period between the onset of symptoms of this index manic/hypomanic episode to confirmation of the diagnosis of Bipolar Disorder?

9. Are there features suggestive of a possible diagnosis of the following? (Please tick all that apply)
   - Anxiety Disorder
   - Attention deficit hyperactivity disorder (ADHD)
   - Autism Spectrum Disorder (ASD)
   - Conduct or oppositional defiant disorder
   - Tic Disorder
   - Substance use disorders (if yes, please specify)

   Any other mental health developments (please state):

   None of the above

10. Is there any family history of psychiatric disorder?  
    - Yes
    - No

   If YES please specify type and relationship to young person (e.g. Maternal grandfather, half-brother, step-mother etc)

### Management

11. Did the young person require admission to day/inpatient service?
   - Yes, voluntary admission
   - Yes, detained under relevant mental health law
   - No

   If the young person has already been discharged, what was the total duration of admission? ...................... (days)

   If the young person has not been discharged, what is the total duration of admission to date? ...................(days)

12. Were medications prescribed during this episode of Bipolar Disorder?
   - No
   - Yes

   If YES please specify
   
   - Lithium
   - Carbamazepine
   - Sodium Valproate
   - Lamotrigine
   - Risperidone
   - Olanzapine
   - Quetiapine
   - Aripiprazole
   - Haloperidol

   Other, please specify ............................................................

13. Please indicate if any of the following psychological therapies were offered and whether they were accepted by the patient and/or parents/care givers. (Please tick all that apply)

   **Patient**
   - Accept
   - Decline

   **Parents/care givers**
   - Accept
   - Decline

   **Psychological Therapy**
   
   - Psychoeducation
   - Supportive counselling
   - Anxiety management e.g. relaxation
   - None of the above

   Any other psychological therapy not mentioned (Please state)

   Please return this questionnaire using the SAE provided

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**Surveillance of Paediatric Bipolar Disorder in the UK and ROI (SPBD-UK & ROI)**

Child and Adolescent Psychiatric Surveillance System – CAPSS

**Surveillance Case Definition**

**Bipolar Disorder** is a disturbance of mood characterised by **ONE** episode of euphoric or expansive mood, (this might include irritability) present for at least 7 days (less if hospitalised) that is sufficiently severe to cause impairment in social functioning. (The case definition is based on the DSM-IV criteria as modified by NICE).

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Many thanks for taking the time to complete this questionnaire. We greatly appreciate your help with this research project.
1. Can the mood disturbance be accounted for by any general medical condition? Yes □ If yes, please specify......................................................................... No

2. Can the mood disturbance be accounted for by a drug of abuse or toxin exposure? Yes □ If yes, please specify......................................................................... No

3. Please indicate which of the following symptoms have been present during the course of this mood episode (Please tick all that apply)

- Elated mood <7 days □ > 7 days □
- Grandiose behaviour/heightened self-esteem <7 days □ > 7 days □
- Disinhibited behaviour <7 days □ > 7 days □
- Increase in goal directed behaviour <7 days □ > 7 days □
- Decreased need for sleep (as seen in manic episodes) <7 days □ > 7 days □
- Distractibility <7 days □ > 7 days □
- Impulsivity <7 days □ > 7 days □
- Hyper-sexuality (as relevant developmentally) <7 days □ > 7 days □
- Pressured rapid speech <7 days □ > 7 days □
- Racing thoughts <7 days □ > 7 days □
- Uninhibited people seeking (gregariousness) <7 days □ > 7 days □
- Irritable mood <7 days □ > 7 days □
- Hostile aggressive behaviour <7 days □ > 7 days □
- Anxiety <7 days □ > 7 days □
- Depressed mood <7 days □ > 7 days □
- Significantly reduced interest/pleasure in most/all activities <7 days □ > 7 days □
- Considerable loss or gain in weight <7 days □ > 7 days □
- Thoughts of worthlessness or extreme guilt <7 days □ > 7 days □
- Tiredness after slight effort <7 days □ > 7 days □
- Inability to concentrate <7 days □ > 7 days □
- Reduced self-esteem/confidence <7 days □ > 7 days □
- Self-harm/suicide <7 days □ > 7 days □
- Insomnia or hypersomnia <7 days □ > 7 days □
- Change in appetite <7 days □ > 7 days □
- Motor agitation <7 days □ > 7 days □

4. Has the young person been prescribed antidepressant medication in the past?

Yes < 6 weeks ago □ Yes 6 weeks – 6 months □ Yes > 6 months ago □ Never □