

Cyclothymia

Belongs together with Dysthymia to the group of **persistent mood disorders**.

- Repeating depressive and hypomanic episodes over a period of over 2 years, that do not meet criteria of bipolar II → often called "milder form of Bipolar II disorder", because the symptoms not severe enough to classify it as bipolar disorder.
- Remissions last 2 months or less!! i.e. the patient will not really go to base-line (euthymia) during that time, but remain either mildly depressive or mildly hypomanic (imagine a sinusoidal curve, where the x-axis represents normal mood/euthymia)
- Patients can develop later on bipolar affective disorder