

# Practice Guidelines for Serious Mental Illness

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# Clinical Handbook

- The [100-Day Mindshift](#) by Dr. Daniel Williams helps primary care and mental health programs that don't have time to explain the [Clinical Practice Guidelines](#) from the American Psychiatric Association.

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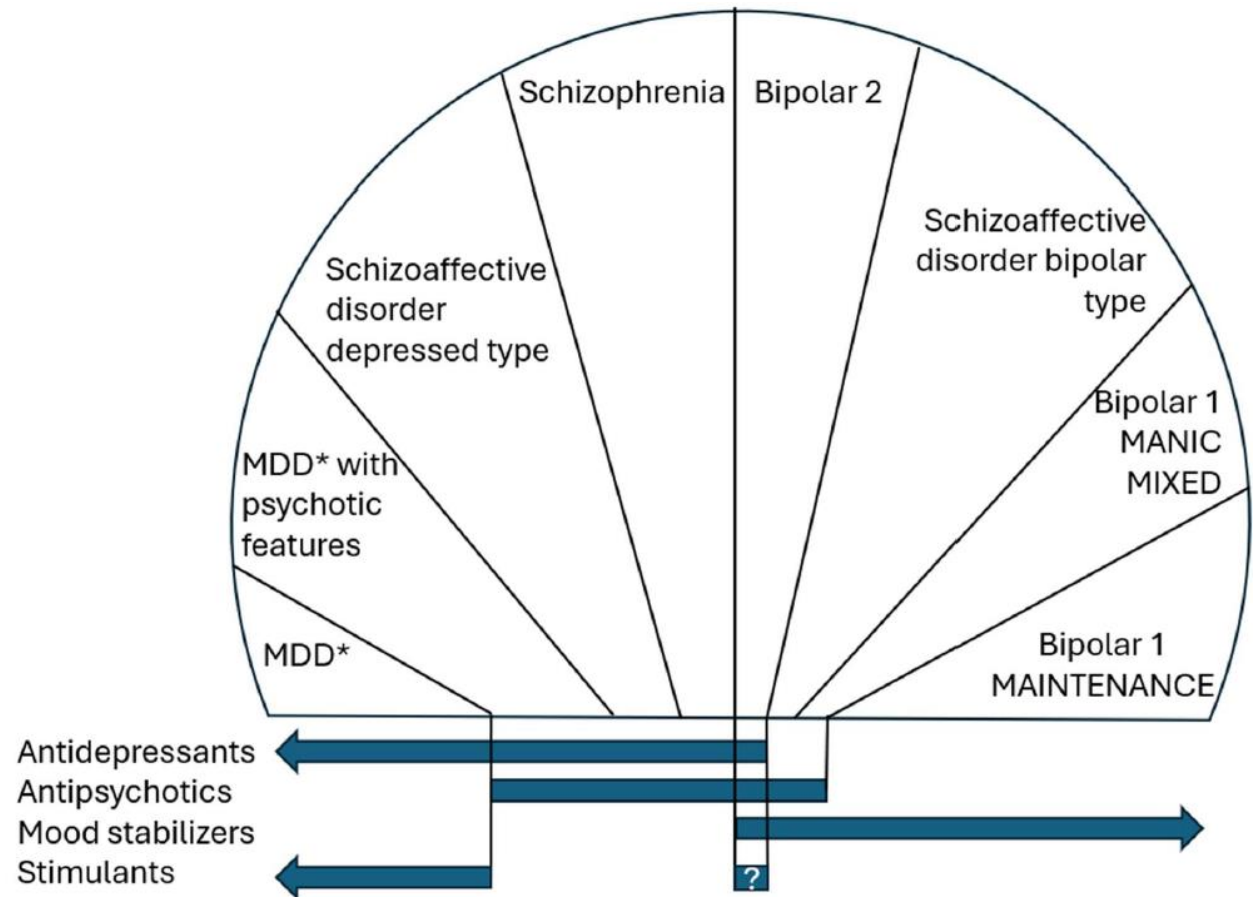


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# The Rule of 3's

- Major Depressive Disorder
- Bipolar Disorder
- Schizophrenia / Schizoaffective



# The Rule of 3's

Summary of [Diagnostic Criteria](#) for Serious Mental Illnesses

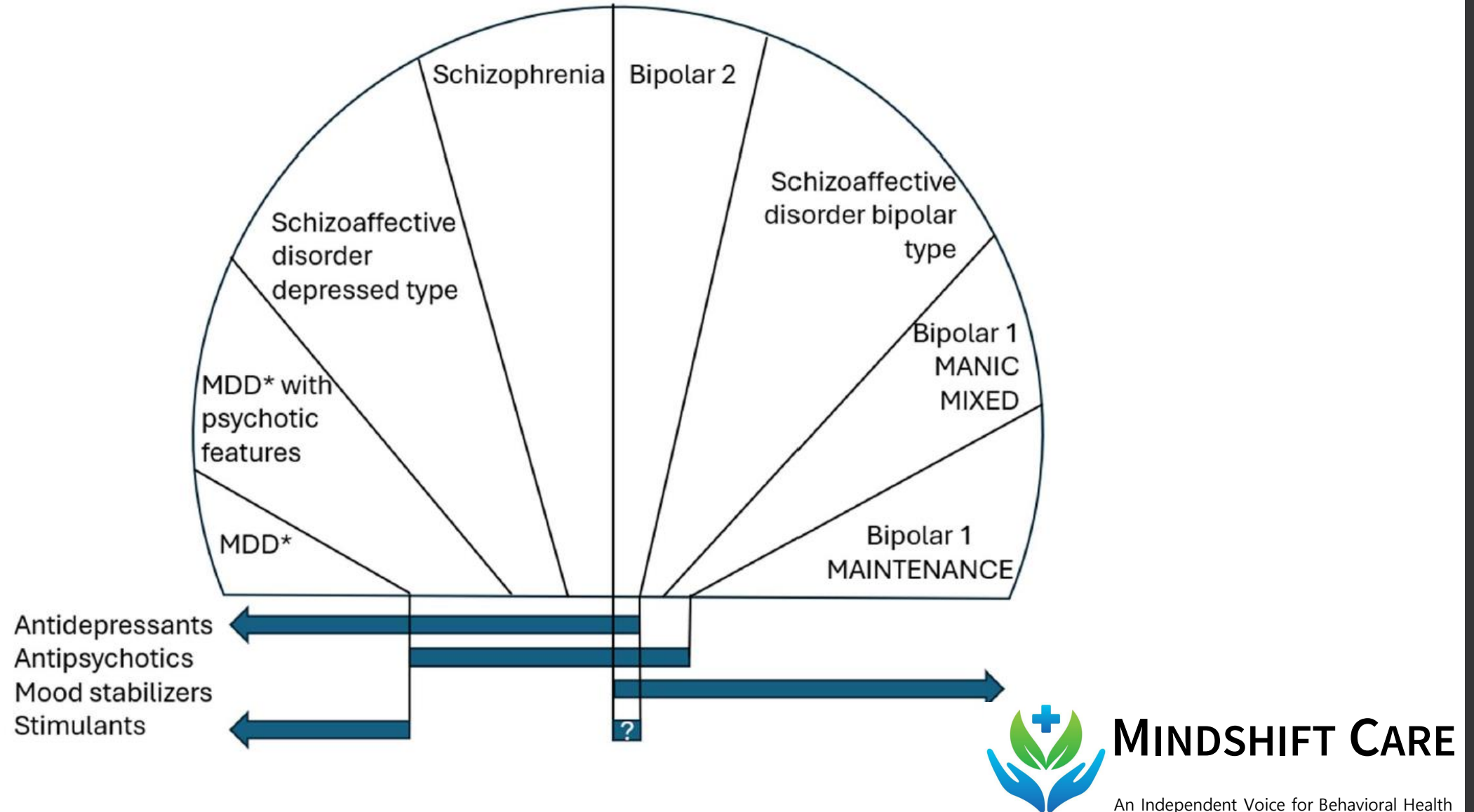
- \*Major **depressive** disorder ~ **2 weeks** of a collection of low mood and neurovegetative symptoms (appetite, sleep, energy, concentration, motivation, psychomotor agitation or retardation) with or without suicidal thoughts and psychotic features.
- Bipolar disorder ~ **7 days of a manic episode** ever in life, including the combination of decreased need for sleep, grandiosity, and euphoria. Episodes can be depressed, manic, or mixed.
- Schizophrenia ~ **6 months of predominantly psychotic symptoms**, such as hallucinations, delusions. Schizoaffective can be considered a variant of schizophrenia mixed with one or both of the above mood disorders.
- Schizoaffective disorder ~ Clinically significant depressive or manic episodes, but **psychosis remains when the mood episodes are in remission for at least 2 weeks**.

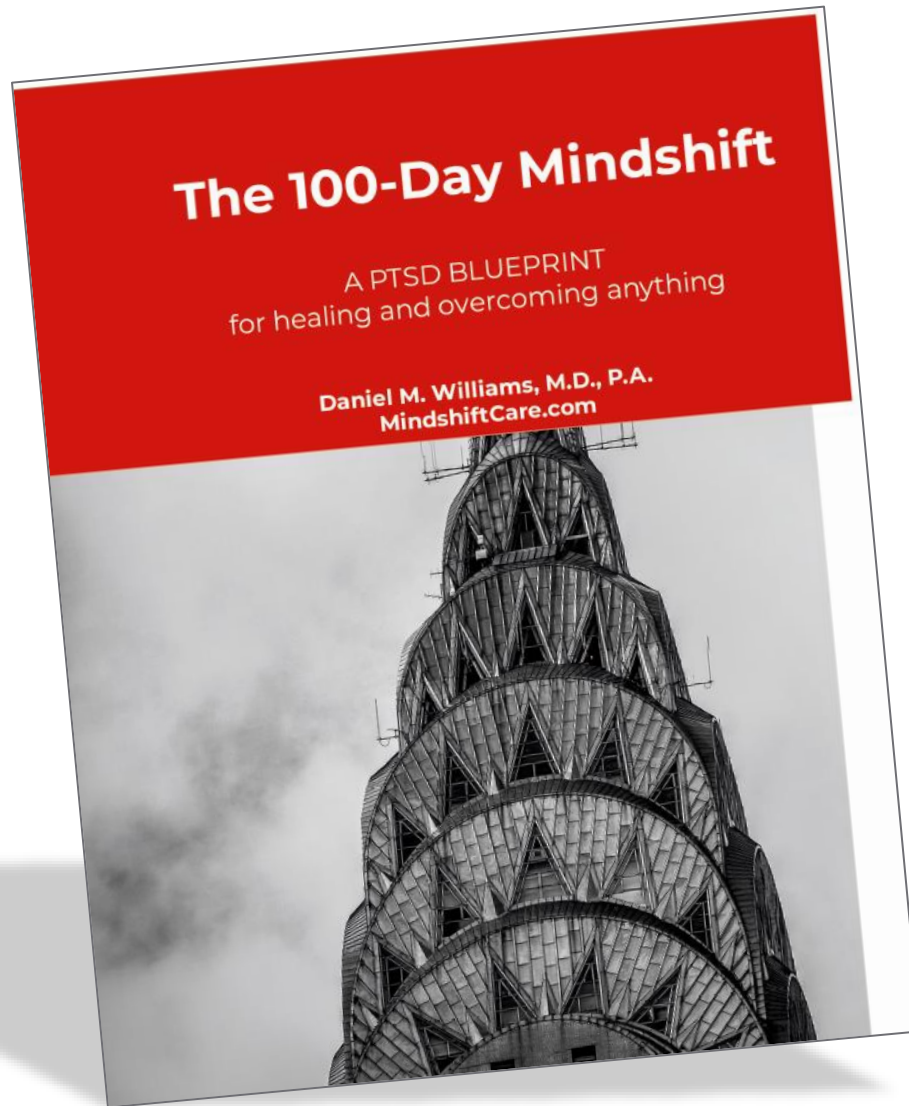


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