

## BOX 1. MNEMONICS FOR DIAGNOSING AFFECTIVE DISORDERS

### Depression

#### SIG: E CAPS\*

- Suicidal thoughts
- Interests decreased
- Guilt
- Energy decreased
- Concentration decreased
- Appetite disturbance  
(increased or decreased)
- Psychomotor changes  
(agitation or retardation)
- Sleep disturbance  
(increased or decreased)

\* Created by Carey Gross, MD

### Dysthymia

#### HE'S 2 SAD<sup>2</sup>

- Hopelessness
- Energy loss or fatigue
- Self-esteem is low
- 2 years minimum of depressed mood most of the day, for more days than not
- Sleep is increased or decreased
- Appetite is increased or decreased
- Decision-making or concentration is impaired

### Mania

#### DIG FAST

- Distractibility
- Indiscretion
- Grandiosity
- Flight of ideas
- Activity increase
- Sleep deficit
- Talkativeness

### Depression

#### C GASP DIE<sup>1</sup>

- Concentration decreased
- Guilt
- Appetite
- Sleep disturbance
- Psychomotor agitation or retardation
- Death or suicide (thoughts or acts of)
- Interests decreased
- Energy decreased

### Hypomania

#### TAD HIGH

- Talkative
- Attention deficit
- Decreased need for sleep
- High self-esteem/grandiosity
- Ideas that race
- Goal-directed activity increased
- High-risk activity

### Mania

#### DeTeR the HIGH\*

- Distractibility
- Talkativeness
- Reckless behavior
- Hyposomnia
- Ideas that race
- Grandiosity
- Hypersexuality

\* Created by Carey Gross, MD

## BOX 2. MNEMONICS FOR DIAGNOSING ANXIETY DISORDERS

### Generalized anxiety disorder

#### Worry WARTS<sup>3</sup>

- Wound up
- Worn-out
- Absentminded
- Restless
- Touchy
- Sleepless

### Posttraumatic stress disorder

#### TRAUMA<sup>5</sup>

- Traumatic event
- Re-experience
- Avoidance
- Unable to function
- Month or more of symptoms
- Arousal increased

### Anxiety disorder due to a general medical condition

#### Physical Diseases That Have

#### Commonly Appeared Anxio

- Pheochromocytoma
- Diabetes mellitus
- Temporal lobe epilepsy
- Hyperthyroidism
- Carcinoid
- Alcohol withdrawal
- Arrhythmias

### Generalized anxiety disorder

#### WATCHERS<sup>4</sup>

- Worry
- Anxiety
- Tension in muscles
- Concentration difficulty
- Hyperarousal (or irritability)
- Energy loss
- Restlessness
- Sleep disturbance

### Posttraumatic stress disorder

#### DREAMS<sup>6</sup>

- Disinterest in usual activities
- Re-experience
- Event preceding symptoms
- Avoidance
- Month or more of symptoms
- Sympathetic arousal

**BOX 4. MNEMONICS FOR DIAGNOSING PERSONALITY DISORDERS**

**Paranoid personality disorder**

**SUSPECT<sup>9</sup>**

- S**pousal infidelity suspected
- U**nforgiving (bears grudges)
- S**uspicious
- P**erceives attacks (and reacts quickly)
- E**nemy or friend? (suspects associates and friends)
- C**onfiding in others is feared
- T**hreats perceived in benign events

**Schizotypal personality disorder**

**ME PECULIAR<sup>9</sup>**

- M**agical thinking
- E**xperiences unusual perceptions
- P**aranoid ideation
- E**ccentric behavior or appearance
- C**onstricted or inappropriate affect
- U**nusual thinking or speech
- L**acks close friends
- I**deas of reference
- A**nxiety in social situations
- R**ule out psychotic or pervasive developmental disorders

**Borderline personality disorder**

**IMPULSIVE<sup>10</sup>**

- I**mpulsive
- M**oodiness
- P**aranoia or dissociation under stress
- U**nstable self-image
- L**abile intense relationships
- S**uicidal gestures
- I**nappropriate anger
- V**ulnerability to abandonment
- E**mptiness (feelings of)

**Schizoid personality disorder**

**DISTANT<sup>9</sup>**

- D**etached or flattened affect
- I**ndifferent to criticism or praise
- S**exual experiences of little interest
- T**asks done solitarily
- A**bsence of close friends
- N**either desires nor enjoys close relationships
- T**akes pleasure in few activities

**Antisocial personality disorder**

**CORRUPT<sup>9</sup>**

- C**annot conform to law
- O**bligations ignored
- R**eckless disregard for safety
- R**emorseless
- U**nderhanded (deceitful)
- P**lanning insufficient (impulsive)
- T**emper (irritable and aggressive)

**Borderline personality disorder**

**DESPAIRER\***

- D**isturbance of identity
- E**motionally labile
- S**uicidal behavior
- P**aranoia or dissociation
- A**bandonment (fear of)
- I**mpulsive
- R**elationships unstable
- E**mptiness (feelings of)
- R**age (inappropriate)

\* Created by Jason P. Caplan, MD

**Histrionic personality disorder**

**PRAISE ME<sup>9</sup>**

- P**rovocative or seductive behavior
- R**elationships considered more intimate than they are
- A**ttention (need to be the center of)
- I**nfluenced easily
- S**tyle of speech (impressionistic, lacking detail)
- E**motions (rapidly shifting, shallow)
- M**ake up (physical appearance used to draw attention to self)
- E**motions exaggerated

**Narcissistic personality disorder**

**GRANDIOSE<sup>11</sup>**

- G**randiose
- R**equires attention
- A**rrogant
- N**eed to be special
- D**reams of success and power
- I**nterpersonally exploitative
- O**thers (unable to recognize feelings/needs of)
- S**ense of entitlement
- E**nvious

**Dependent personality disorder**

**RELIANCE<sup>9</sup>**

- R**eassurance required
- E**xpressing disagreement difficult
- L**ife responsibilities assumed by others
- I**nitiating projects difficult
- A**lone (feels helpless and uncomfortable when alone)
- N**urturance (goes to excessive lengths to obtain)
- C**ompanionship sought urgently when a relationship ends
- E**xaggerated fears of being left to care for self

**Histrionic personality disorder**

**ACTRESSS\***

- A**pppearance focused
- C**enter of attention
- T**heatrical
- R**elationships (believed to be more intimate than they are)
- E**asily influenced
- S**eductive behavior
- S**hallow emotions
- S**peech (impressionistic and vague)

\* Created by Jason P. Caplan, MD

**Avoidant personality disorder**

**CRINGES<sup>9</sup>**

- C**riticism or rejection preoccupies thoughts in social situations
- R**estraint in relationships due to fear of shame
- I**nhibited in new relationships
- N**eeds to be sure of being liked before engaging socially
- G**ets around occupational activities with need for interpersonal contact
- E**mbarrassment prevents new activity or taking risks
- S**elf viewed as unappealing or inferior

**Obsessive-compulsive personality disorder**

**SCRIMPER\***

- S**tubborn
- C**annot discard worthless objects
- R**ule obsessed
- I**nflexible
- M**iserly
- P**erfectionistic
- E**xcludes leisure due to devotion to work
- R**eluctant to delegate to others

\* Created by Jason P. Caplan, MD

## BOX 6. MNEMONICS FOR DIAGNOSING DELIRIUM

### Causes

#### I WATCH DEATH

**I**nfection  
**W**ithdrawal  
**A**cute metabolic  
**T**rauma  
**C**NS pathology  
**H**ypoxia  
**D**eficiencies  
**E**ndocrinopathies  
**A**cute vascular  
**T**oxins or drugs  
**H**heavy metals

### Life-threatening causes

#### WWHHHIMPS\*

**W**ernicke's encephalopathy  
**W**ithdrawal  
**H**ypertensive crisis  
**H**ypoperfusion/hypoxia of the brain  
**H**ypoglycemia  
**H**yper/hypothermia  
**I**ntracranial process/infection  
**M**etabolic/meningitis  
**P**oisons  
**S**tatus epilepticus

\* Created by Gary W. Small, MD

### Deliriogenic medications

#### ACUTE CHANGE IN MS<sup>14</sup>

**A**ntibiotics  
**C**ardiac drugs  
**U**rinary incontinence drugs  
**T**heophylline  
**E**thanol  
**C**orticosteroids  
**H**<sub>2</sub> blockers  
**A**ntiparkinsonian drugs  
**N**arcotics  
**G**eriatric psychiatric drugs  
**E**NT drugs  
**I**nsomnia drugs  
**N**SAIDs  
**M**uscle relaxants  
**S**eizure medicines

## Schizophrenia and delusional disorders

Positive symptoms (sometimes called type I schizophrenic symptoms)

### Mnemonic: **THREAD**

- T** Thinking may become disturbed, neologism usage
- H** Hallucinations may occur, usually auditory
- R** Reduced contact with reality, the natural barrier between subjective and objective deteriorates
- E** Emotional control may be disturbed with inappropriate laughter or anger (incongruous affect)
- A** Arousal may lead to worsening of symptoms
- D** Delusions may occur

Negative symptoms (sometimes called type II schizophrenic symptoms)

### Mnemonic: **LESS**

- L** Loss of volition, underactivity and social withdrawal
- E** Emotional flatness, lose normal modulation of mood
- S** Speech is reduced, monosyllabic if at all
- S** Slowness in thought and movement, psychomotor retardation may occur

## Mood (affective) disorders

Symptoms of depression

### Mnemonic: **SLUMP**

- S** Suicidal ideation or plans
- L** Lack of: interest, enjoyment (anhedonia), energy, appetite or libido
- U** Unworthiness
- M** Early Morning waking
- P** Poor concentration/**P** psychomotor retardation or agitation

Side effects of psychiatric drugs:

1-antipsychotics=SHADE + the extrapyramidal sideeffects.

S=Sedation

H=Hypotension

A=Anticholinergic

D=dermatological SEs

E=Endocrine(impotence,gynaecomastia.....)

2-Antidepressants=SHACSS

S=sedation

H=hypotension

A=anticholinergic

C=cardiac

S=seizure

S=sexual

3-Antimania(lithium)=ABCDW

A=acne

B=bad thyroid(hypothyroidism)

C=Congenital anomalies(epsteins anomaly)

D=diabetes insipidus

W=Wbc count may increase

---

## **Autistic disorder: features**

Autistic disorder: features

**AUTISTICS:**

Again and again (repetitive behavior)

Unusual Abilities

Talking (language) delay

IQ subnormal

Social development poor

Three years onset

Inherited component [35% concordance]

Cognitive impairment

Self injury

## BOX 5. MNEMONICS FOR DIAGNOSING ADDICTION DISORDERS

### Substance dependence

#### **ADDICTeD**<sup>12</sup>

**A**ctivities are given up or reduced  
**D**ependence, physical: tolerance  
**D**ependence, physical: withdrawal  
**I**ntrapersonal (Internal)  
consequences, physical or  
psychological  
**C**an't cut down or control use

### Substance abuse

#### **WILD**<sup>12</sup>

**W**ork, school, or home role  
obligation failures  
**I**nterpersonal or social consequences  
**L**egal problems  
**D**angerous use

### Alcohol abuse

#### **CAGE**<sup>13</sup>

Have you ever felt you should  
**CUT DOWN** your drinking?  
Have people **ANNOYED** you  
by criticizing your drinking?  
Have you ever felt bad or  
**GUILTY** about your drinking?  
Have you ever had a drink first

### Criteria to diagnose Generalized Anxiety Disorder

in addition to the excessive anxiety and worry over a number of events, three out of the following must be present

remember PRIME

- P poor concentration
- R restlessness
- I irritability & impaired sleep
- M muscle tension
- E easy fatigability

### Suicide Risk Factors

#### **SAD PERSON**

- S** ex/single/sickness
- A** ge
- D** epression
- P** revious attempt
- E** tOH
- R** eality testing
- S** ocial support
- O** rganized plan
- N** ote/no spouse

## Pneumonics in Psychiatry