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### **Core Symptoms of Mania and Possible Presentation in Individuals with an IDD**

<b>Core symptoms of Mania</b>	<b>Possible presentation in individuals with IDD (DM-ID)</b>
Elevated mood	Playful, excited, more laughing and giggling, invading personal space.
Irritability/agitation	Increase in self-injury, pacing, possible aggression. Someone with IDD is more likely to experience irritability than elevate mood.
Inflated self-esteem "grandiosity"	Making claims that are likely untrue, exaggerating, reporting having mastered skills which are not feasible for the person.
Decreased need for sleep	Sleeping less than 3-4 hours per night, or not sleeping at all for days at a time; disruption at bedtime or early in the morning. Changes in sleep patterns can occur over time or can occur almost immediately.
More talkative than usual	Increase in talking or singing, perhaps cursing and repetitive speech or asking repeated questions; if a person is nonverbal, they may become noisier, making loud sounds/screaming.
Increase in goal directed activity	Restlessness, aggression, not wanting to cooperate, increase in rituals.
Racing thoughts and distracted	Disorganized or disconnected thoughts and speech, quickly moving or fleeting ideas.
Hyper-sexuality	Increase in masturbation, increase in touching and hugging, pre-occupation with sexual activity. Take into consideration the usual behavior when assessing changes in sexual behavior/activity or preoccupation.