

# Proposed DSM Criteria for Thermoregulatory Fear Of Harm

a phenotype of Bipolar Disorder

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## Diagnostic Criteria – A-F required for Diagnosis

### **A: Episodic and abrupt transitions in mood states**

rapid alterations in level of arousal, emotional excitability, sensory sensitivity. Manic/hypomanic or mixed episode required for diagnosis

### **B: Fear of Harm**

Fear that harm will come to self and/or others; easily misperceives and experiences neutral stimuli as threatening, obsessive bedtime rituals, fear of the dark, fear of intruders, separation anxiety, contamination fears, hypervigilance, territorial and reactive aggression in response to limit setting and perceived threat or loss.

### **C: Thermoregulatory Disturbance**

Experiences thermal discomfort (e.g., feeling hot, excessive sweating) in neutral ambient temperature environments, as well as little or no discomfort during exposure to moderate or extreme cold, and alternate noticeably between being excessively hot in the evening and cold in the morning.

### **D. Aggression**

Excessively aggressive or controlling speech, excessive anger and oppositional/aggressive reactions, self-directed aggression, temper tantrums, often threatens or breaks objects, slams doors, smashes walls

### **E. Sleep/Wake disturbances**

Excessively restless sleep, alterations in circadian phase, Night-terrors or nightmares – often containing images of gore and mutilation, Fear of going to sleep because of disturbing dreams, sleepwalking, Bedwetting, Bruxism

### **F: Symptoms are not due to a general medical condition**

(e.g. hypothyroidism). Criteria may overlap with symptomatology from other DSM classifications.

**G: A family history of recurrent mood disorder and/or alcoholism, as well as other bipolar spectrum disorders.**