

Relapse Signatures



A **relapse signature** is a set of 4-6 symptoms, unique to each person, that consistently predicts a manic or depressive episode. Some symptoms may begin weeks before an episode (early prodromes), while others occur just days or hours before (late prodromes).

Mania Relapse Signature

Early Prodromes. List warning signs that occur long before a manic episode.

Late Prodromes. List warning signs that occur shortly before a manic episode.

Episode Progression. Describe how your symptoms of mania progress.

Depression Relapse Signature

Early Prodromes. List warning signs that occur long before a depressive episode.

Late Prodromes. List warning signs that occur shortly before a depressive episode.

Episode Progression. Describe how your symptoms of depression progress.
