



Physician Fact Sheet on Management of Mania in the Person with Mental Retardation and Developmental Disabilities (MR/DD)

1. The symptoms of mania depend on the severity of intellectual disability.
2. The patient with mild to moderate MR may manifest typical symptoms of mania.
3. Severely retarded persons often demonstrate behavioral problems as initial manifestation of mania.
 4. Sleep disturbance, irritability, SIB, repeated masturbation, and excessive motor activity may occur with mania.
5. Medical problems and medications can produce manic symptoms.
6. Mania occurs most often in persons with MR/DD and a past history of manic depressive illness.
7. Mood stabilizers are the main treatment for mania, including lithium or Valproic acid.
8. Short-term, second generation antipsychotic therapy is helpful for acute mania but long-term management is sustained through mood stabilizers.
 9. Benzodiazepines should be used with great care for mania.
10. Antipsychotics can be tapered over time and mania can be treated with mood stabilizers.
11. Avoid polypharmacy with antipsychotic medications, i.e., two or more drugs from the same class.
12. Polypharmacy with a mood stabilizer and second generation antipsychotic medication can be used when monotherapy fails.

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