

Mnemonics in Psychiatric Care

DIGFAST (mania)

- **D**istractibility
- **I**ndiscretion
- **G**randiosity
- **F**light of ideas
- **A**ctivity increase
- **S**leep deficit
- **T**alkativeness

SIG: E CAPS* (depression)

- **S**uicidal thoughts
- **I**nterests decreased
- **G**uilt
- **E**nergy
- **C**oncentration (decreased)
- **A**ppetite disturbance (increased or decreased)
- **P**sychomotor changes (agitation or retardation)
- **S**leep disturbance (increased or decreased)

WATCHERS (anxiety)

- **W**orry
- **A**nxiety
- **T**ension in muscles
- **C**oncentration difficulty
- **H**yperarousal (or irritability)
- **E**nergy loss
- **R**estlessness
- **S**leep disturbance