

Bipolar Disorder

Bipolar 1

- ▶ Bipolar is a chronic mental illness that causes extreme mood swings.
- ▶ Bipolar 1 includes an emotional high called mania and depressive episodes.
- ▶ Symptoms of mania usually last a week, in order to be considered a full fledged mania. Some of the symptoms are feelings of euphoria, full of energy, flight of ideas/racing thoughts, lack of sleep and impulsiveness. Some severe cases of mania can cause a complete break from reality resulting in psychosis.

Bipolar 2

- ▶ Bipolar 2 consists mostly of depressive and hypomania episodes.
- ▶ Patients need to have at least one depressive and hypomanic episode to meet criteria for this.
- ▶ Hypomania has the same symptoms of mania, but it's duration is less than a week and usually doesn't cause significant impairment like mania.
- ▶ Also people with bipolar 2 have more severe depressive episodes than bipolar 1.

Tools used to diagnose

- ▶ Although Bipolar disorders can occur at any age, it's usually diagnosed in the 20s.
- ▶ Risk factors: having a first degree relative with bipolar, periods of high stress, and alcohol/drug use.
- ▶ Mood Disorder Questionnaire (MDQ)
- ▶ Structured Clinical Interview (DSM-IV SCID)
- ▶ Schedule for Affective Disorders and Schizophrenia (SADS)
- ▶ Both the SCID and SADS provide symptom criteria, and information regarding exclusions, such as other medical conditions that can cause mania as well.

Treatment

- ▶ Lab tests and drug tests are done to rule out any other causes that might induce bipolar in a patient.
- ▶ Bipolar disorders are treated via a combination of psychotherapy and drug treatments.
- ▶ First line treatment: mood stabilizers such Lithium, Valproic Acid, Divalproex, carbamazepine, and lamitrigine.
- ▶ Second line treatment or sometimes used in combination with a mood stabilizer-Antipsychotics
- ▶ Antipsychotics: Olanzapine, risperidone and Quetiapine.
- ▶ Sometimes anti-anxiety medications can be used short term for better sleep in these patients as well.
- ▶ Taking these medications are important even when the patient feels better, since they also prevent future episodes from happening.