

# Bipolar Page Integration Guide

## What You're Getting

A complete, production-ready NextJS page about Bipolar Disorder with:

- **23 files** across 7 directories
- **360 KB** total size (including 112 KB research data)
- **12 React components** (all functional, TypeScript)
- **5 fully functional interactive tools** with localStorage persistence
- **8 audience-specific support sections**
- **Comprehensive content** based on NHS, NICE, APA, WHO, CDC research
- **UK/US English language support** with automatic detection + manual toggle
- **Responsive design** optimized for mobile, tablet, and desktop
- **WCAG 2.1 AA accessible**

## Quick Start

### Step 1: Copy Files to Your Project

Copy the entire `bipolar_page` folder to your NextJS project:

```
# From your local machine
cd ~/Documents/GitHub/neurobreath-platform/web

# Copy the files from the location where you've downloaded them
cp -r /path/to/downloaded/bipolar_page ./app/conditions/bipolar
```

### Step 2: Verify File Structure

Your project should now have:

your-nextjs-project/	
└─ app/	
└─ conditions/	
└─ bipolar/	
└─ page.tsx	✓ Main page
└─ layout.tsx	✓ Metadata & layout
└─ components/	✓ 12 components
└─ utils/	✓ Utilities
└─ types/	✓ TypeScript types
└─ data/	✓ Research data
└─ styles/	✓ CSS files
└─ README.md	✓ Documentation

### Step 3: Install Dependencies (if needed)

The page uses standard NextJS and React features. Ensure you have:

```
{
  "dependencies": {
    "react": "^18.2.0",
    "react-dom": "^18.2.0",
    "next": "^14.0.0"
  }
}
```

If you need to install:

```
npm install
# or
yarn install
# or
pnpm install
```

## Step 4: Access the Page

Start your development server:

```
npm run dev
# or
yarn dev
# or
pnpm dev
```

Navigate to: `http://localhost:3000/conditions/bipolar`



## Customization

### Colors

Edit `styles/globals.css` CSS variables:

```
:root {
  --color-primary: #2563eb;      /* Main brand color */
  --color-secondary: #7c3aed;    /* Secondary color */
  --color-accent: #06b6d4;       /* Accent color */
  /* ... more colors ... */
}
```

### Language Defaults

Edit `utils/language.ts`:

```
export const detectLanguage = (): Language => {
  // Modify detection logic here
  return 'en-GB'; // Change default
};
```

## Content

Edit content in:

- `components/ContentSections.tsx` - Main educational content
  - `components/SupportResources.tsx` - Support resources for different audiences
  - `data/research.json` - Source research data
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## Key Features Explained

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### 1. Mood Tracker

- Daily mood logging (1-10 scale + mood state)
- Sleep hours tracking
- Medication adherence tracking
- Notes and triggers
- Calendar view of past entries
- CSV/JSON export functionality
- Data persisted in localStorage

**Usage:**

```
<MoodTracker language={language} />
```

### 2. Streak System

- Tracks consecutive days of mood logging
- Displays current streak and longest streak
- Progress bar to next milestone
- Milestone rewards (3, 7, 14, 30, 60, 90 days)
- Visual indicators and icons

**Usage:**

```
<StreakCounter language={language} />
```

### 3. Achievements

- 10 unlockable achievements
- Progress tracking
- Celebration animations
- Achievement gallery
- Automatically unlocks based on user actions

**Usage:**

```
<Achievements language={language} />
```

### 4. Progress Tracker

- Mood trends over time (week/month/year views)

- Statistics: average mood, sleep, medication adherence
- Bar chart visualization
- Mood states distribution
- Personalized insights and recommendations

**Usage:**

```
<ProgressTracker language={language} />
```

## 5. Interactive Management Tools

Three evidence-based exercises:

a. **4-7-8 Breathing Exercise**

- Animated breathing guide
- Cycle counter
- Instructions and evidence base

b. **5-4-3-2-1 Grounding Technique**

- Step-by-step guided exercise
- Input fields for each sense
- Progress indicators

c. **Cognitive Restructuring (Thought Challenge)**

- Identify negative thoughts
- Select cognitive distortions
- Challenge with evidence
- Reframe to balanced thoughts

**Usage:**

```
<InteractiveTools language={language} />
```



## Responsive Breakpoints

The page is optimized for:






- **Mobile:** < 768px
- **Tablet:** 768px - 1024px
- **Desktop:** > 1024px

All components are mobile-first and fully responsive.



## Accessibility Features

- ☒ Semantic HTML5 elements
- ☒ Proper heading hierarchy (h1 → h6)
- ☒ ARIA labels and roles

-  Keyboard navigation support
-  Focus indicators
-  Color contrast (WCAG AA)
-  Screen reader friendly
-  Alt text for icons (emoji with aria-label)

## Data Storage

### localStorage Keys

- `bipolar_page_data` - All user data (mood entries, streaks, achievements)
- `bipolar_language_preference` - Language preference

### Data Structure

```
interface LocalStorageData {
  moodEntries: MoodEntry[];
  streak: Streak;
  achievements: Achievement[];
  languagePreference: LanguagePreference;
  interactiveTools: InteractiveToolData[];
}
```

### Privacy

- **No server communication** - All data stays in browser
- **No analytics or tracking**
- **No cookies**
- **User can export or delete data at any time**

## Language Support



### Automatic Detection

On first visit, the page detects the user's browser language:

- `en-US` , `en-CA` → US English
- `en-GB` , `en-AU` , `en-NZ` , `en-IE` → UK English

### Manual Toggle

Fixed position button (top-right) allows manual switching:

-  UK English
-  US English

### Spelling Differences

The system correctly applies:

- UK: stabiliser, organisation, recognise, behaviour, colour, centre, counselling
- US: stabilizer, organization, recognize, behavior, color, center, counseling



## Content Sections

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### Overview

Introduction to bipolar disorder, symptoms, and general information.

### Types

- Bipolar I Disorder
- Bipolar II Disorder
- Cyclothymic Disorder
- Other Specified Bipolar Disorders

### Diagnosis

- Diagnostic criteria (DSM-5 & ICD-11)
- Assessment tools
- Differential diagnosis

### Treatment

- Pharmacological treatment (mood stabilizers, antipsychotics)
- Psychological therapies (CBT, FFT, IPSRT)
- Lifestyle interventions
- Emergency/crisis intervention

### Management

- Mood monitoring
- Sleep hygiene
- Identifying triggers
- Building support networks
- Relapse prevention

### Support Resources (by audience)

- Children (age-appropriate resources)
- Adolescents (teen-specific support)
- Adults (work, relationships, organizations)
- Elderly (age-related considerations)
- Parents & Family (supporting a loved one)
- Teachers (classroom strategies)
- Carers (caregiving support)
- Healthcare Professionals (clinical guidelines)

### Statistics

- Global prevalence
  - Age of onset
  - Treatment effectiveness
  - Key facts
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## Troubleshooting

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### Issue: Components not rendering

**Solution:** Ensure all files are in the correct directory structure. Check for missing imports.

### Issue: localStorage not persisting

**Solution:** Check browser settings - localStorage must be enabled. Private/incognito mode may prevent persistence.

### Issue: Styling issues

**Solution:** Ensure `styles/globals.css` is imported in `page.tsx`. Check for CSS conflicts with parent application.

### Issue: TypeScript errors

**Solution:** Ensure TypeScript is installed. Run `npm install -D typescript @types/react @types/node`.

### Issue: Hydration errors

**Solution:** The page uses `mounted` state to prevent hydration mismatches. Ensure `'use client'` directive is present in client components.

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## Deployment

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The page is ready for production deployment. No special configuration needed.

### Build

```
npm run build
```

### Environment Variables

None required - the page has no external dependencies or API calls.

### Performance

- Code splitting via Next.js
- Lazy loading of data
- Optimized CSS
- No external scripts
- Total bundle size: ~360 KB (including research data)

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## Technical Stack

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- **Framework:** Next.js 14+ (App Router)
- **Language:** TypeScript
- **Styling:** CSS Modules + Global CSS
- **State Management:** React Hooks + localStorage

- **Data:** Static JSON (111 KB research data)

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## Integration with Existing Project

### If you have an existing header/footer:

The page is designed to work within your existing layout. It does NOT include its own header or footer.

### If you have a design system:

You can replace the CSS variables in `styles/globals.css` to match your brand colors and typography.

### If you want to modify content:

All content is in React components. Edit:

- `components/ContentSections.tsx` - Main content
- `components/SupportResources.tsx` - Support sections
- `data/research.json` - Source data

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## Analytics & Tracking

The page includes **no analytics or tracking** by default. To add:

1. Add your analytics script to `layout.tsx`
2. Track user interactions using custom events
3. Respect user privacy and data protection regulations

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## Security Considerations

-  No user authentication required
-  No server-side data processing
-  No external API calls
-  No sensitive data collection
-  Client-side data only (localStorage)
-  No CORS issues
-  No XSS vulnerabilities (React handles escaping)

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## Content Attribution

The page includes evidence-based content from:

- NHS (National Health Service, UK)
- NICE (National Institute for Health and Care Excellence)
- American Psychiatric Association (DSM-5)
- WHO (World Health Organization)
- CDC (Centers for Disease Control and Prevention)



- PubMed Database
- Patient advocacy organizations (Bipolar UK, DBSA, NAMI)

All sources are cited in the References section.

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## Support & Questions

For technical issues or questions about the page:

1. Check this integration guide
2. Review the README.md
3. Inspect browser console for errors
4. Check Next.js documentation for App Router

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## Launch Checklist

Before going live, verify:

- ☐ Page loads correctly at `/conditions/bipolar`
- ☐ All interactive tools work (Mood Tracker, Streaks, Achievements)
- ☐ Language toggle functions properly
- ☐ Mobile responsive design looks good
- ☐ All links work (internal anchors)
- ☐ localStorage persistence works
- ☐ Export functionality (CSV/JSON) works
- ☐ Accessibility tested (keyboard navigation, screen reader)
- ☐ Content reviewed for accuracy
- ☐ Styling matches your brand (if customized)
- ☐ Browser testing (Chrome, Firefox, Safari, Edge)
- ☐ Performance tested (Lighthouse score)

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## You're All Set!

The Bipolar page is now ready to use. It provides comprehensive, evidence-based information with interactive tools to help users manage their condition.

**Page URL:** `http://your-domain.com/conditions/bipolar`

**Local Development:** `http://localhost:3000/conditions/bipolar`

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**Questions or need help?** Refer to the README.md or review the component source code.

**Last Updated:** January 2026