

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
            ├── layout.tsx
            ├── components/
            ├── utils/
            ├── types/
            ├── data/
            ├── styles/
            └── README.md
```

<input checked="" type="checkbox"/> Main page <input checked="" type="checkbox"/> Metadata & layout <input checked="" type="checkbox"/> 12 components <input checked="" type="checkbox"/> Utilities <input checked="" type="checkbox"/> TypeScript types <input checked="" type="checkbox"/> Research data <input checked="" type="checkbox"/> CSS files <input checked="" type="checkbox"/> 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
-

Key Features Explained

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

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

Troubleshooting

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.



Deployment

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)



Technical Stack

- **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)
-

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
-

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
-

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)
-

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.

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`

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

Last Updated: January 2026