

10/12/22 Bipolar Disorder is highly debilitating psychiatric illness that may affect as many as 1 in every 25 persons (Kessler, Berglund, Demler, Jin, & Walters, 2005).

## Bipolar Disorder:

Description: "Bipolar disorder [...] is a mood disorder characterized by periods of depression and periods of abnormally-elevated mood that last from days to weeks each."  
~Wikipedia

Symptoms: Periods of depression and elevated mood

Causes: Environmental and Genetic (70%-90% genetic)

Risk factors: Family history  
Childhood abuse  
Long-term stress

Treatments: Psychotherapy  
Medications - Lithium, Antipsychotics, Anticonvulsants (antiseizure drugs)

Types: Bipolar I disorder, Bipolar II disorder, more and 1 major depressive  
↳ at least 1 hypomanic episode  
↳ at least 1 manic episode

\*if the symptoms are due to drugs/meds they are not diagnosed as BPD (Bipolar Disorder).

Frequency: 1%-3% of the pop.

Therapies (!): CBT (cognitive behavioral therapy), DBT (dialectical behaviour therapy), IPSRT (interpersonal and social rhythm therapy).