



Bipolar Disorder

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What is it?

- Bipolar disorder, formerly called manic depression, causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).
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Symptoms

- **Bipolar I disorder.** You've had at least one manic episode
- **Bipolar II disorder.** You've had at least one major depressive episode lasting at least two weeks and at least one hypomanic episode lasting at least four days, but you've never had a manic episode
- **Cyclothymic disorder.** You've had at least two years — or one year in children and teenagers — of numerous periods of hypomania symptoms (less severe than a hypomanic episode) and periods of depressive symptoms (less severe than a major depressive episode).
- Depressed mood most of the day, nearly every day, such as feeling sad, empty, hopeless or tearful (in children and teens, depressed mood can appear as irritability)

Symptoms in children and teens

- Same DSM-5 criteria used to diagnose bipolar disorder in children as adults.
- Symptoms of bipolar disorder can be difficult to identify in children and teens
 - Hard to tell whether these are normal ups and downs, the results of stress or trauma, or signs of a mental health problem other than bipolar disorder
- Children who have bipolar disorder are frequently also diagnosed with other mental health conditions
- Most prominent signs of bipolar disorder in children and teenagers may include severe mood swings that are different from their usual mood swings

Manic Episode:

A distinct period of abnormally and persistently elevated, expansive or irritable mood that lasts at least one week (or less than a week if hospitalization is necessary).

Hypomanic episode:

A distinct period of abnormally and persistently elevated, expansive or irritable mood that lasts at least four consecutive days

Videos

[://www.youtube.com/watch?v=HWB0wQWJTew](https://www.youtube.com/watch?v=HWB0wQWJTew) (explanation)

<https://www.youtube.com/watch?v=Y4GYwymtbUU> (young girl)

Support (teachers)

- **Learn about bipolar disorder**
 - **Support groups**
 - **Setting goals**
 - **Healthy outlets**
 - **Relaxation techniques and ways to manage stress**
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Prevention

- No way to prevent bipolar disorder
 - If you have been diagnosed consider these options:
 - Pay attention to warning signs
 - Avoid drugs and alcohol
 - Take your medications exactly as directed
 - Check first before taking other medications
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Treatments

- Treatment is best guided by a psychiatrist skilled in treating bipolar and related disorders
- Medications to balance your moods
- Lifelong treatment
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Works Cited

- <http://www.mayoclinic.org/diseases-conditions/bipolar-disorder/basics/definition/con-20027544>
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