

## **Statistics of Bipolar Disorder**

- Bipolar disorder affects approximately 5.7 million adult Americans, or about 2.6% of the U.S. population age 18 and older every year. (National Institute of Mental Health)
- The median age of onset for bipolar disorder is 25 years (National Institute of Mental Health); although the illness can start in early childhood or as late as the 40's and 50's.

After reading  
this pamphlet  
you should be  
able to:

### **IF YOU NEED SOME HELP**

#### **Crisis text line:**

Texted trained counselors with anything that is on your mind

1. Understand the basics of bipolar disorder.
2. Know the available treatments for bipolar disorder.
3. Know where to go if you need more information.

*You can live a normal life  
with Bipolar Disorder*



# BIPOLAR DISORDER



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*An informational pamphlet on bipolar  
disorder*

## Questions & Answers

### How it is diagnosed according to the DSM-5?

To be diagnosed with bipolar disorder, a person must have experienced at least one episode of mania or hypomania. To be considered mania, the elevated, expansive, or irritable mood must last for at least one week and be present most of the day, nearly every day.

### What is Bipolar Disorder?

It is a mental illness where a person can experience extreme high (mania) lows (depression).

### What is Abnormal Psychology?

Abnormal Psychology is concerned with understanding the nature, causes and treatment of mental disorders.

### How can I live with Bipolar Disorder?

There are a variety of treatments for bipolar disorder ranging from medication to therapy.

### What kind of medications are available?

It's treated with mood stabilizers, antidepressants, atypical antipsychotic, and SSRIs (selective serotonin reuptake inhibitors). You may have to try several medications before finding the right one for you.

### What kind of therapy are available?

Cognitive behavioral therapy, family-focused therapy, interpersonal and social rhythm therapy, and psychoeducation.

### What else can I do?

You can keep a life chart. This type of chart tracks your moods, treatments, sleep pattern and life events that can give the psychiatrist a better idea of how to treat you more effectively.

### What is the prognosis for someone with bipolar disorder?

Although there is no cure for bipolar disorder, it is a highly treatable disease. According to the National Advisory Mental Health Council, the treatment success rate for bipolar disorder is a remarkable 80 percent.

*Bipolar disorder has a genetic component, meaning the disorder can run in families. This disorder may interact to produce abnormal function of brain circuits that results in bipolar disorder's symptoms of major depression and mania. Examples of environmental factors may include stress, alcohol or substance abuse, and lack of sleep.*

### Symptoms & Signs

- **Hypomania** is a milder form of mania with similar yet less severe symptoms and less overall impairment.
- **Depression** takes away the capacity to experience pleasure, often causing profound sadness and irritability, changes in sleep patterns, a decrease in appetite, an inability to concentrate, low self-esteem, and thoughts of suicide.
- **Mixed episode** is perhaps the most disabling since an individual can experience both mania and depression simultaneously or at different times throughout the day.
- **Mania** often begins with a pleasurable sense of heightened energy, creativity, and social ease – feelings that without proper medical treatment can quickly escalate out of control into a full-blown manic episode.

### **IF YOU NEED MORE INFORMATION**

National Institute of Mental Health  
<https://www.nimh.nih.gov>

National Alliance on Mental Health Illness  
<https://www.nami.org/>

International Society of Bipolar Disorders  
<http://www.isbd.org/>