

KEY TERMS for Bipolar Disorder

Acute Phase: During the acute phase, the focus is to medically stabilize the patient while maintaining safety.

Bipolar I disorder: A form of bipolar disorder in which at least one episode of mania alternates with major depression.

Bipolar II disorder: A form of bipolar disorder in which hypomanic episodes alternate with major depression.

Cyclothymia: Mood swing that alternates between hypomania and depression (but not major depression)

Flight of ideas: A continuous flow of speech in which the person jumps rapidly from one topic to another. Themes often include grandiose and fantasized evaluation of personal sexual prowess, business ability, artistic talents, and so forth.

Hypomanic: A mild form of mania, marked by elation and hyperactivity. Hypomanic episodes differ in that they do not cause significant distress or impair one's work, family, or social life in an obvious way while manic episodes do.

Lithium carbonate: Known as an antimanic drug because it can stabilize the manic phase of a bipolar disorder. When effective, it can modify future manic episodes and protect against future depressive episodes.

Maintenance Phase: The focus is on preventing relapse and limiting the severity and duration of episodes.

Mania: An unstable elevated mood in which delusion, poor judgment, and other signs of impaired reality testing are evident.

Examples: feelings of elation, inflated self-esteem, grandiosity, hyperactivity, agitation, and accelerated thinking and speaking.

Rapid cycling: Experiencing four or more mood episodes in a 12-month period.

Mood: a pervasive and sustained emotion that may have a major influence on a person's perception of the world.

Examples of mood: Depression, joy, elation, anger, anxiety

Affect: The external, observable emotional reaction associated with an experience.