



Time Period:

Days to weeks

Signs & Symptoms: Irritable, intensely happy, depressive episodes, intensely sad mood, not able to experience joy and pleasure may disappear.

Gender:

Affects men and women equally



Risk Factors:

- Childhood maltreatment
- Stressful life events
- Misuses substance

Bipolar



Communication:

- Active listening
- Nonjudgmental cues
- Consistency for trust



Adam Beck's Theory

Definition: Periodic, intense emotional states that affect an individual's mood, energy, and overall function



Medications:

- Mood stabilizers
- Antipsychotics
- Antidepressants
- anxiolytics



Interventions:

Cognitive restructuring: Assist patients in identifying incorrect beliefs that occur during manic and depressive episodes.

Mood charting: Patients track their mood and triggers to prevent the risk of relapse.



Labs:

- Lithium
- Valproic acid
- CBC (platelets)
- Carbamazepine

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<https://www.psychiatry.org/patients-families/bipolar-disorders/what-are-bipolar-disorders>