

## Bipolar Disorder 1.1 Welcome



### 1.2 What You Will Learn




### 1.3 Quotation from HealthyPlace.com



## 1.4 What Is Bipolar Disorder?

### What Is Bipolar Disorder?

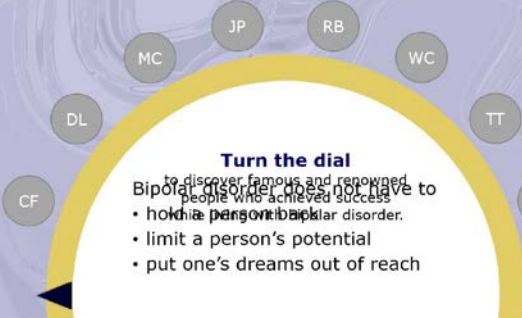


- Formerly known as "manic depression"
- Characterized by significant mood swings
- Has an impact on thinking, functioning, and everyday activities

- High periods are called "mania"
- Low periods are called "depression"
- Cannot be diagnosed with a blood test or imaging study
- Confusing and painful for those living with it
- Can be managed with different treatments

## 1.5 Bipolar Disorder Success Stories

### Bipolar Disorder Success Stories



**Turn the dial**  
to discover famous and renowned people who achieved success while living with bipolar disorder.

- limit a person's potential
- put one's dreams out of reach

## 1.6 Signs and Symptoms

### Signs and Symptoms



#### Mood swings with bipolar disorder

- Feel more severe
- Last longer
- Interfere with life and relationships
- Can be triggered by events and conversations
- Can happen without triggers

Slide the circle to the right to learn more.

## Layer 1 (Manic) (Slide Layer)



**Manic Episodes**

**Mania**

- Heightened emotion, energy, and activity
- Feeling of euphoria

**Hypomania**

- Depressive symptoms reported
- Manic symptoms overlooked

**Misdiagnosis as Depression**

- Depressive symptoms reported
- Manic symptoms overlooked

Slide the circle to the right to learn more.

This diagram illustrates the relationship between manic and depressive episodes. It features a roller coaster track with a yellow car at the peak labeled 'Mania' and a blue car at the trough labeled 'Depression'. A red-bordered box highlights 'Misdiagnosis as Depression' with a warning icon. The background shows a woman smiling and a man looking down.

## Layer 2 (Depressive) (Slide Layer)



**Depressive Episodes**

**Depression**

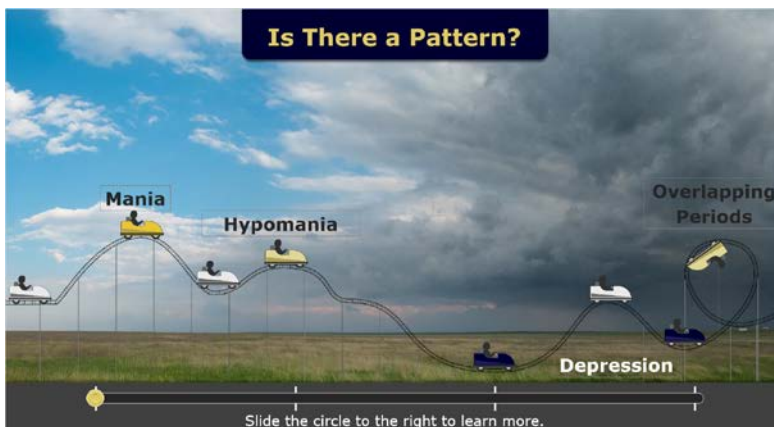
**Suicide Risk**

- 25-50% attempt suicide
- Risk is at least 15 times higher than the general population
- Watch for suicidal thoughts

Slide the circle to the right to learn more.

This diagram focuses on depressive episodes. It shows a roller coaster track with a blue car at the trough labeled 'Depression'. A red-bordered box highlights 'Suicide Risk' with a warning icon. The background is a dark, stormy sky over a field.

## Layer 3 (Is There a Pattern?) (Slide Layer)



**Is There a Pattern?**

**Mania**

**Hypomania**

**Overlapping Periods**

**Depression**

Slide the circle to the right to learn more.

This diagram shows the overall pattern of mood episodes. It features a roller coaster track with yellow cars for 'Mania' and 'Hypomania' and a blue car for 'Depression'. A section labeled 'Overlapping Periods' shows a yellow car and a blue car on the track at the same time. The background is a dark, stormy sky over a field.

## 1.8 Reflection Point

**Reflection Point**

Match each description with the correct term related to bipolar disorder.

<b>Bipolar Disorder</b>		A condition characterized by mood swings that affect a person's thinking, functioning, and life
<b>Depression</b>		A period of sadness, numbness, lack of energy, and hopelessness
<b>Hypomania</b>		A period of increased focus, improved mood, and productivity
<b>Mania</b>		Highly elevated mood, energy, impulsiveness--sometimes irritability
<b>Manic Depression</b>		Former name for the condition

### Correct (Slide Layer)

**Reflection Point**

Match each description with the correct term related to bipolar disorder.

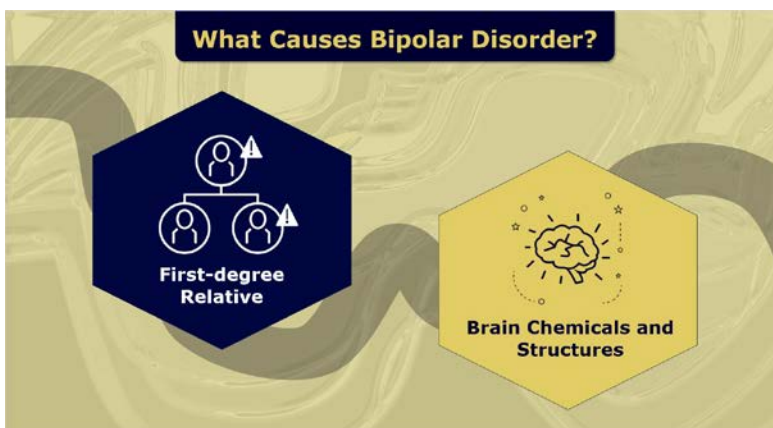
<b>Bipolar Disorder</b>	
<b>Depression</b>	
<b>Hypomania</b>	
<b>Mania</b>	
<b>Manic Depression</b>	

**That's Right**

Bipolar disorder used to be called "manic depression" and is characterized by intense mood swings that impact a person's ability to live a normal life. The person with bipolar disorder experiences periods of intense highs known as "mania" and intense lows known as "depression." Periods of elevated mood and focus known as "hypomania" are sometimes overlooked.

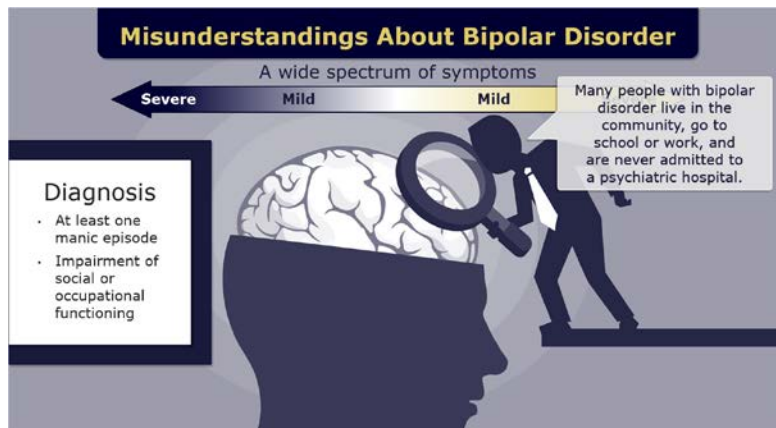
Click here to proceed ➡

## 1.10 What Causes Bipolar Disorder?





## 1.11 Misunderstandings About Bipolar Disorder



## 1.12 Reflection Point

**Reflection Point**

Jay's close friends were concerned that he sometimes seemed down, so they encouraged him to speak with a doctor about the signs of depression. They were surprised when he returned with a diagnosis of bipolar disorder.

How did the doctor make this diagnosis? (Select one choice.)

A She performed a blood test designed to detect specific proteins associated with bipolar disorder.

B She asked questions to determine that Jay experienced manic episodes in addition to periods of depression.

C She observed Jay's mood swings while he spent an afternoon in the local psychiatric clinic.

The reflection point is a quiz interface. It has a dark background with a faint image of a person. The title 'Reflection Point' is at the top. Below it is a paragraph of text. Then, a question is asked: 'How did the doctor make this diagnosis? (Select one choice.)'. There are three choices, each in a yellow box with a letter in a circle below it: A (blood test), B (questions about manic episodes), and C (observing mood swings).

## Choice B - Correct (Slide Layer)

**Good Choice**

Jay's doctor avoided a misdiagnosis of depression because she found evidence of manic episodes, which are often overlooked by those who lack mental health expertise.

Click here to proceed ➡

The feedback slide has a light green background. It contains a box with the title 'Good Choice' and a paragraph of text explaining why choice B is correct. At the bottom of the box is a button that says 'Click here to proceed' with a right-pointing arrow.

## 1.14 Quote from Kay Redfield Jamison

"There is a particular kind of pain, elation, loneliness, and terror involved in this kind of madness."

**When you're high, it's tremendous.** The ideas and feelings are fast and frequent like shooting stars, and you follow them until you find better and brighter ones...**Feelings of ease, intensity, power, well-being, financial omnipotence, and euphoria pervade one's marrow.**

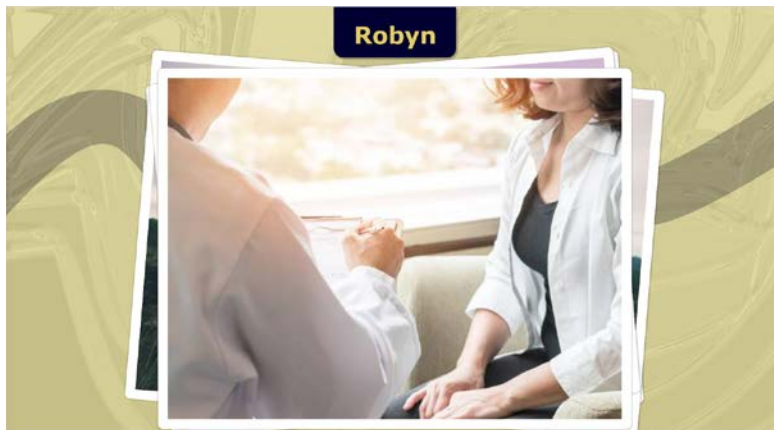
**But, somewhere, this changes.**

The fast ideas are far **too fast**, and there are far **too many**; **overwhelming confusion** replaces clarity. Memory goes.

Humor and engagement on friends' faces are replaced by fear and concern. Everything previously moving with the grain is now against - **you are irritable, angry, frightened, uncontrollable, and enmeshed totally in the blackest caves of the mind.**"

Kay Redfield Jamison, *An Unquiet Mind: A Memoir of Moods and Madness*

## 1.15 Robyn



## 1.16 Treatment Options



## Layer 1 (Medication) (Slide Layer)



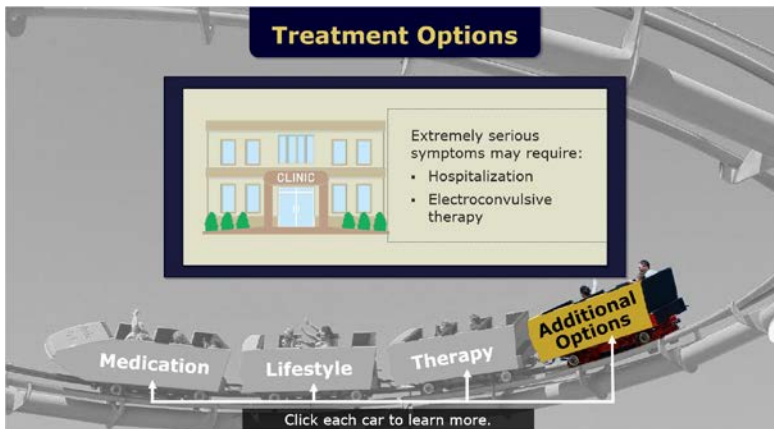
## Layer 2 (Lifestyle) (Slide Layer)



## Layer 3 (Therapy) (Slide Layer)



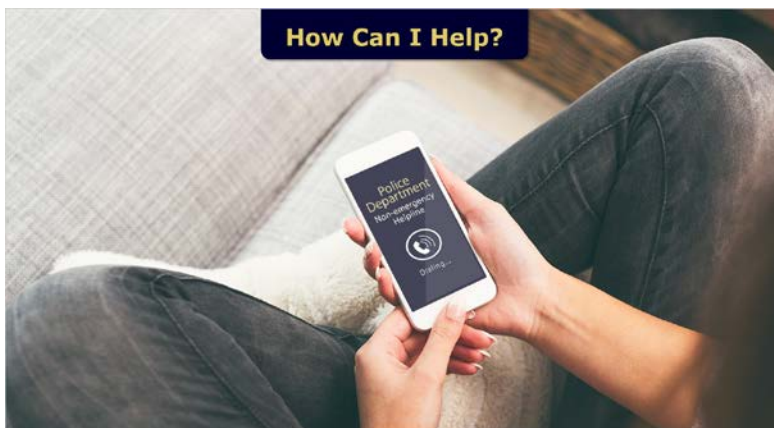
## Layer 4 (Additional Options) (Slide Layer)



## 1.18 Robyn's Community of Support



## 1.19 How Can I Help?





## 1.20 Reflection Point

### Reflection Point

Based on your knowledge of bipolar disorder, how should you respond?

That's great! Let's celebrate tonight!

Whoa! If the doctor prescribed those meds, you really need to get back on them right away. I'll drive!

I'm glad you're feeling well. You should probably call your doctor to see what he says, just in case.

Correct (Slide Layer)

### Good Call

You should be supportive of your friend, but never assume a person has been "cured" of a condition like bipolar disorder. Since she's been off her medications for three weeks, it's not safe to assume that she can start taking them again because her body or rhythms may have changed. The best bet is encouraging and helping a friend talk to their doctor to evaluate her current state and to see if a change needs to be made in her medications or diagnosis. Always be prepared to call 911 if you believe a friend is a danger to herself or others.

Click here to proceed ➡

## 1.22 Quotation from BPHOPE.com

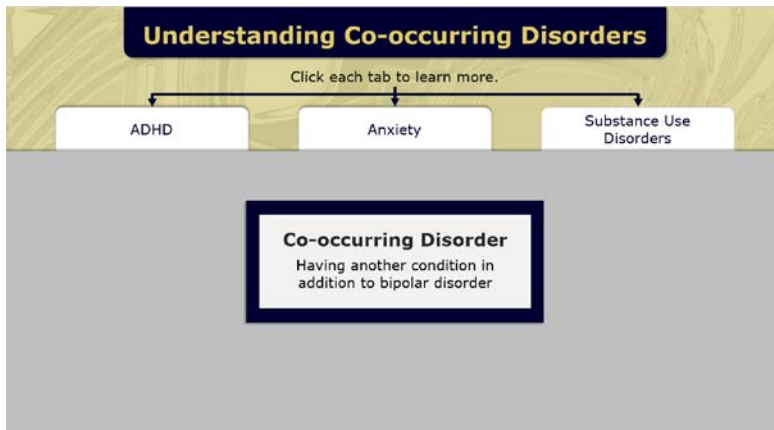
"At times, being bipolar can be **an all-consuming challenge**, requiring **a lot of stamina** and even more **courage**, so **if you're living with this illness** and functioning at all, **it's something to be proud of**, not ashamed of."

– [www.bphope.com](http://www.bphope.com)

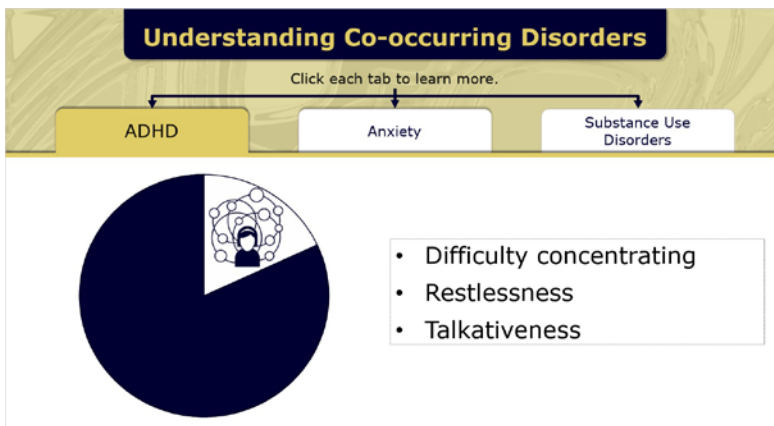
## 1.23 Carlos



## 1.24 Understanding Co-occurring Disorders



### Layer 1 (ADHD) (Slide Layer)



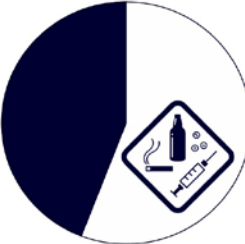
### Layer 3 (Substance Use Disorders) (Slide Layer)

**Understanding Co-occurring Disorders**

Click each tab to learn more.

ADHD   Anxiety   **Substance Use Disorders**

Goal: To help manage mood or symptoms



- Further problems
- Impulsive decisions
- Risky behaviors


### Layer 2 (Anxiety) (Slide Layer)

**Understanding Co-occurring Disorders**

Click each tab to learn more.

ADHD   **Anxiety**   Substance Use Disorders

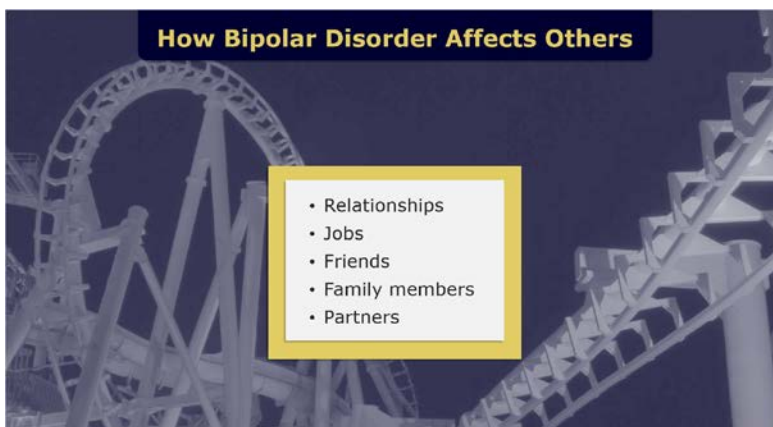
- Panic disorder
- PTSD
- Generalized anxiety disorder



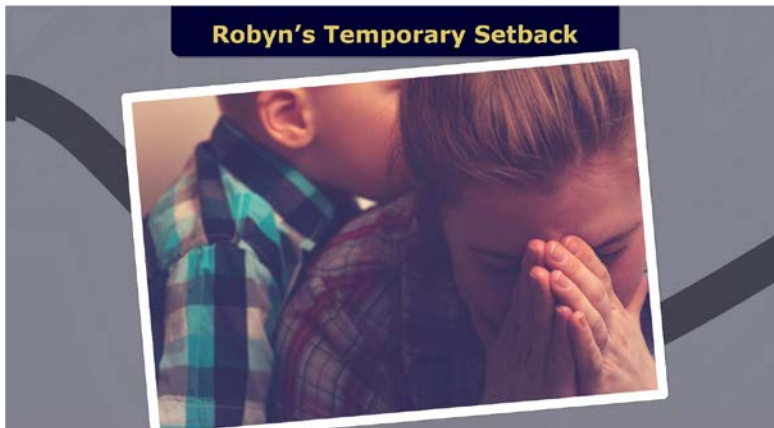
### 1.26 How Bipolar Disorder Affects Others

**How Bipolar Disorder Affects Others**

- Relationships
- Jobs
- Friends
- Family members
- Partners



## 1.27 Robyn's Temporary Setback



## 1.28 Reflection Point

**Reflection Point**

Marisol has been managing her bipolar disorder for a few years, and sometimes she has a really hard time with crowds.

This is possible evidence of which co-occurring disorder?  
Select one choice below.

ADHD

Anxiety

Substance  
Use Disorder

## Correct (Slide Layer)

**That's Right**

Only a trained person with mental health expertise is qualified to make a diagnosis, but fear of crowds is associated with anxiety more than ADHD or substance use disorder. You should encourage your friend to mention this to her doctor.

Click here to proceed ➡



### 1.30 Quotation from Carrie Fisher

A portrait of Carrie Fisher, an actress, with short red hair, wearing a black turtleneck, looking slightly to the right.


— Carrie Fisher, actress

"Bipolar disorder can be  
**a great teacher.**

**It's a challenge,**

but it can set you up to be able to  
**do almost anything**  
else in your life."


### 1.31 Finding Hope

A silhouette of a person climbing a steep, rocky hill towards a bright sun on the horizon, symbolizing hope and overcoming challenges.

**Finding Hope**

- Stay connected
- Continue to learn about the condition
- Establish a healthy routine

### 1.32 Robyn: One Year After Diagnosis

A family consisting of a man, a woman, and two young boys are sitting together and looking at a book, representing a supportive family environment.

**Robyn: One Year After Diagnosis**

"...It is a medical condition, not a personal weakness. There is a lot of hope. With the right help, surrounded by the right people, and with some dedication to self-care, you can live a full life."

— Jennifer Palisoc, YourHealthMatters

### 1.33 Summary

**Summary**



Treatment



Presence and support



Full, productive, meaningful life

**You are not alone.**

### 1.34 Knowledge Check Instructions

**Knowledge Check**

It's time to practice what you've learned!  
This is a four question quiz.

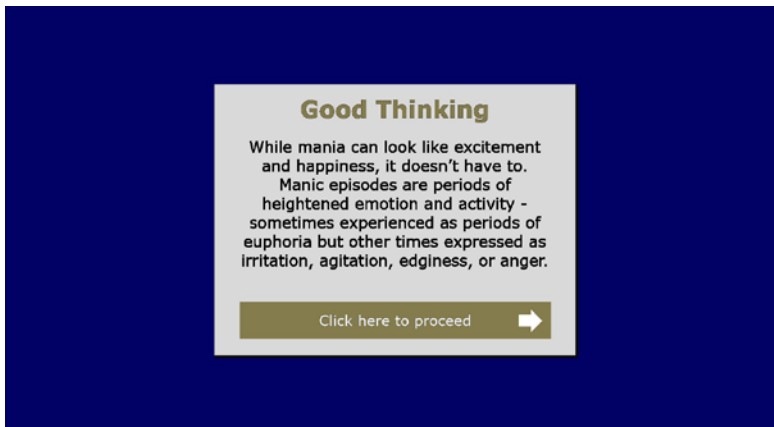
### 1.35 Knowledge Check Question 1

**Mania is characterized by people feeling overly excited, happy, and energetic.**

TRUE ? FALSE

Question 1 of 4

Correct (Slide Layer)

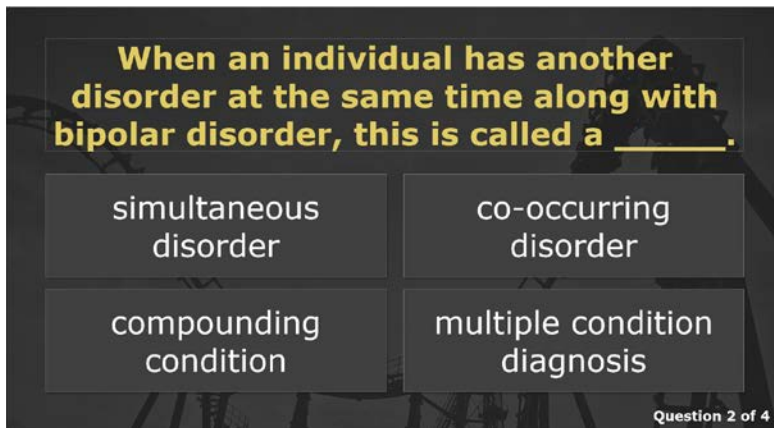


**Good Thinking**

While mania can look like excitement and happiness, it doesn't have to. Manic episodes are periods of heightened emotion and activity - sometimes experienced as periods of euphoria but other times expressed as irritation, agitation, edginess, or anger.

Click here to proceed →

### 1.37 Knowledge Check Question 2

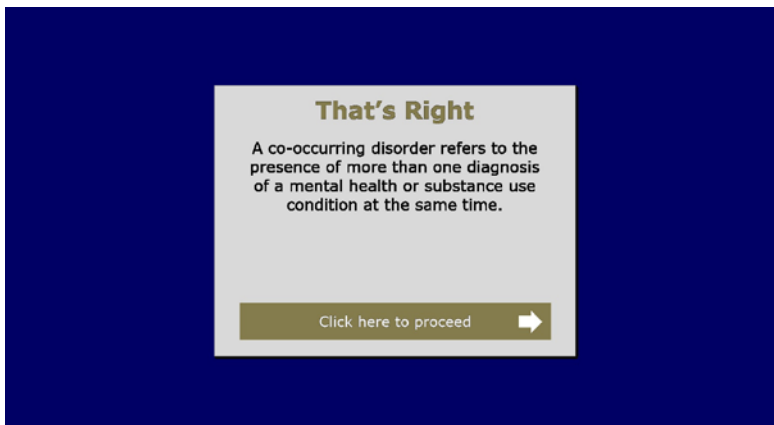


**When an individual has another disorder at the same time along with bipolar disorder, this is called a \_\_\_\_\_.**

simultaneous disorder	co-occurring disorder
compounding condition	multiple condition diagnosis

Question 2 of 4

Correct (Slide Layer)



**That's Right**

A co-occurring disorder refers to the presence of more than one diagnosis of a mental health or substance use condition at the same time.

Click here to proceed →

### 1.39 Knowledge Check Question 3

**Select all reasons someone might stray from taking their prescribed medication.**

They feel better.	They think they do not need them anymore.
They do not like the side effects.	They feel shameful about having to take medication.

Question 3 of 4

Correct      Choice

### Correct (Slide Layer)

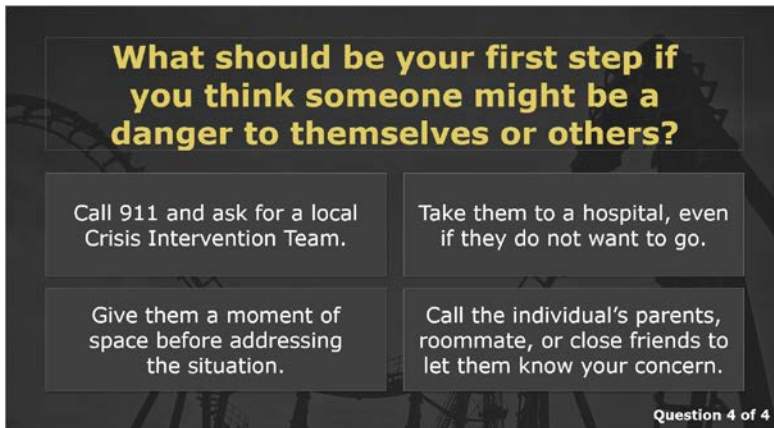
**Good Thinking**

All of these are reasons why someone might stop taking their medication, although many others may exist. About half of people with bipolar disorder will stray from their prescribed medication plan at some point in time.

Click here to proceed ➡



### 1.41 Knowledge Check Question 4

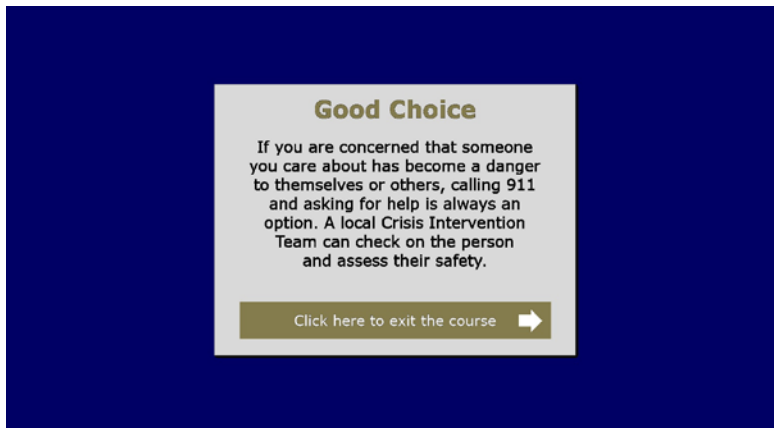


**What should be your first step if you think someone might be a danger to themselves or others?**

Call 911 and ask for a local Crisis Intervention Team.	Take them to a hospital, even if they do not want to go.
Give them a moment of space before addressing the situation.	Call the individual's parents, roommate, or close friends to let them know your concern.

Question 4 of 4

**Correct (Slide Layer)**



**Good Choice**

If you are concerned that someone you care about has become a danger to themselves or others, calling 911 and asking for help is always an option. A local Crisis Intervention Team can check on the person and assess their safety.

Click here to exit the course ➡