

## Bipolar Disorder Assessment (OLD VERSION)

There are three types of bipolar disorder: Bipolar I (severe mood disorder with mania episodes alternating with depression; psychosis during manic episodes), Bipolar II (low level mania with profound depression; no psychosis), and Cyclothymic disorder (hypomania alternating with mild to moderate depression symptoms). Patients show varying signs of mania and depression with these disorders, which are caused by biochemical influences and genetic factors.



PLAY PICMONIC

### Mechanism

#### Excessive Neurotransmitters and Genetic Factors

##### Excessive Neurotransmitters with DNA-double-helix

The exact cause of bipolar disorder has yet to be determined, and most theories consider a combination of neurotransmitter and genetic factors. In bipolar patients, it is believed that there is excessive cholinergic transmission during depression, and severely decreased during mania. Also, it is believed that there is an underlying genetic factor leading to bipolar disorder.

### Mania Signs and Symptoms

#### Euphoric Mood

##### U-flowers

When patients are manic, there is euphoria and elation. This person appears to be on a continuous "high." With this said, the patient's mood is always subject to frequent variation.

#### Nonstop Physical Activity

##### Running around the Clock

In the manic phase, patients have excessive psychomotor activity. They have poor impulse control and their energy seems inexhaustible. They have a diminished need for sleep and may seem very extroverted.

#### Flight of Ideas

##### Flight of Idea Lightbulbs

They have a heightened sense of perception and cognition, but these patients are easily distracted. Thinking is flighty, with a rapid flow of ideas and disjointed logic.

#### Rapid Speech

##### Rapid Speech-bubbles

Speech may be rapid, and can be displayed as a continuous flow of accelerated speech. The sentence structure may be disorganized and incoherent, and speech can seem pressured.

### Depression Signs and Symptoms

#### Mood Changes

##### Moody-mask Rings Changing

Patients have mood swings, going from episodes of mania to depression. From mania, feelings of hopelessness, worthlessness and despair can arise. Often, their mood and functioning usually returns to normal between episodes of mania and depression.

**Sad Affect****Sad Face**

Just like they can develop mania, patients can also develop depressive episodes. Patients display sadness, crying, and a sense of worthlessness.

**Psychomotor Retardation****Brain-motor and Read-tarred book**

Furthermore, patients in the depressive phase of bipolar disorder have physical symptoms. They show psychomotor retardation that is manifested as loss of energy, slow movements, and sleep problems.

**Suicidal Thoughts****Suicidal-jumper Thoughts**

This depressive phase of bipolar disorder can lead to suicidal thoughts in patients. Caregivers should be aware of bipolar patients, and if they are feeling suicidal during a depressive stage.