

## Bipolar Disorder in Adults

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### ABOUT THE STUDY

Bipolar disorder, known as mania, is a mental illness that causes severe mood swings, including high emotional levels (manic or hypomania) and low levels (depression). If you find yourself depressed, you may feel unhappy or despair and lose interest in or enjoyment of most activities. When your mood changes to mania or hypomania (not as extreme as mania), you may feel euphoric, energetic, or strangely frustrated. These mood swings can affect sleep, energy, activity, judgment, behavior, and thus the ability to think clearly. Episodes of mood swings can occur rarely or several times a year. Most people indulge in some emotional signs during an episode, while others experience nothing. Bipolar disorder is a lifelong condition, but treatment plans can help reduce mood swings and other signs. In most cases, bipolar disorder is treated with medication and mental counseling (psychotherapy).

There are several types of bipolar disorder and related disorders. They can include mania or hypomania and depression. Symptoms cause unpredictable changes in mood and behavior that can cause serious pain and problems in life. Bipolar I Disorder: There is at least one manic episode that can occur before or after a hypomanic episode or a depressive episode. In some cases, mania can cause a break from reality (mental illness). Bipolar II Disorder: There is at least one major depressive episode and at least one hypomanic episode, but no manic episode. Cyclothymia: There are many stages of hypomania and stages of depressive symptoms (although much milder than severe depression) for at least a few years, or a year in children and adolescents. Other types: These include bipolar disorder and related disorders caused, for example, by certain drugs or alcohol, or by diseases such as Cushing's disease, disseminated multiple sclerosis, or stroke. Bipolar II disorder is not always a mild form of bipolar I disorder. This is another diagnosis. Manic episodes of bipolar I disorder can also be serious and dangerous, but people with bipolar II disorder can develop long-term depression and cause serious disability. Bipolar disorder can occur at any age, but is usually diagnosed in the teens or early twenties.

Symptoms vary from person to person, and symptoms can change over time. Manic and hypomania are different types of episodes, but they have the same symptoms. Manic, which is more serious than hypomania, causes more prominent problems in the workplace, school, and social activities, in addition to the difficulties in relationships. Manic can also cause a break from reality (mental illness) and require hospitalization. Major depressive episodes include symptoms that are severe enough to cause significant difficulty in daily activities, including work, school, social activities, or relationships. Signs and symptoms of bipolar I and bipolar II disorders can also include a variety of other characteristics, including anxiety, depression, and psychosis. The timing of symptoms may include diagnostic markers, including mixed or rapid cycles. In addition, bipolar symptoms can occur during pregnancy and can change with the seasons. Symptoms of bipolar disorder can be difficult to see in children and adolescents. The actual cause of bipolar disorder is unknown, but many factors may be involved, including: Biological Differences People with bipolar disorder appear to have physical changes in their brains.

The significance of these changes remains unclear, but they will ultimately help identify the cause. Hereditary manic-depressive illness is common in people with first-degree relatives, such as siblings and parents. Researchers are looking for genes that cause manic-depressive illness. It is often difficult to determine if these are normal ups and downs, the result of stress or trauma, or a sign of a mental health problem other than manic-depressive illness. Children and adolescents can also develop episodes of major depression or mania or hypomania, but the pattern may differ from that of adults with manic-depressive illness and mood can change rapidly during episodes. Some children may also have periods of no mood symptoms between episodes. The most prominent signs of bipolar disorder in children and young adults may also include severe mood swings that differ from normal mood swings.

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