



Detection and Risk Factors of Bipolar Disorder

Timothy Legg*

Department of Health Sciences, University of Warwick, Coventry CV4 7AL, UK

DESCRIPTION

Manic depression, formerly known as bipolar disorder, is a mental health illness that results in sharp mood swings, including emotional highs (mania or hypomania), and lows (depression). When person depressed, could feel down or hopeless and stop enjoying most activities. People who experience mania or hypomania (a less severe form of mania) may feel ecstatic, energized, or particularly irritable. The ability to think clearly, energy levels, activities, judgment, and behaviour can all be impacted by these mood changes.

Mood swing episodes can happen infrequently or repeatedly each year. While the majority of people will have some emotional symptoms in between bouts, some people might not. Although bipolar disorder is a lifelong diagnosis, by adhering to a treatment plan, person can control mood swings and other symptoms. The majority of the time, psychotherapy and drugs are used to treat bipolar disorder (psychotherapy).

Depending on the type of bipolar disorder the person has, there are different symptoms of the illness. For instance, people with bipolar I disorder need to go through a manic phase. A depressive episode may precede or follow a manic episode, although it is not necessary for the diagnosis of bipolar I disorder. A significant depressive episode must have come after or come before a hypomanic episode for someone to be diagnosed with bipolar II disorder. Occasionally, psychosis is present. This occurs when a person has delusional beliefs or hears or sees things that are not there. For instance, a person might experience grandiose fantasies (such as believing they are the president when they are not).

Bipolar disorder, which is characterized by wildly fluctuating moods, can affect daily living if not properly treated. Additionally, it's critical to detect and treat the disease as soon as possible because it can raise the risk of substance use, suicide, and other risky behaviour. Early detection and treatment of bipolar disorder can benefit from knowledge of its causes and risk factors.

The precise cause of bipolar disorder is unknown. Researchers

have not yet identified the precise genes that cause the condition or determined how the disorder physically alters the brain. However, scientists do have a general idea of what factors raise likelihood of getting the condition. Having a family member with the disease considerably raises the risk because it is highly heritable. Although certain people are genetically susceptible to the disease, bipolar disorder does not always manifest in these individuals. This shows that although not every person with the illness may have a triggering event, environmental and psychological factors might cause manic or depressed episodes.

Children who have one affected parent have a 10%-25% probability of also having the disorder; those who have two affected parents have 10%-50% likelihood. There is a 10% to 25% possibility that another non-identical twin sibling will also have the disease. Studies on identical twins have demonstrated that risk for bipolar disorder is not only determined by genetics. If bipolar disease were solely genetic, then all identical twins would have the disorder since they share all of the same genes. However, it has been discovered that there is a 40% to 70% risk that the other identical twin will also have bipolar disorder if one twin has it. It is significant to remember that members of the same families may experience bipolar disorder in various ways.

It is more likely that a collection of genes, each of which contributes only a small amount to the vulnerability, work together to develop bipolar disease, along with other environmental factors including stress, dietary patterns, and sleep patterns. In order to assist doctors better diagnose and treat the condition, scientists are striving to uncover these genes.

Bipolar disorder is occasionally identified in patients after a severe or stressful life event. Seasonal shifts, holidays, and significant life events like getting married, starting a new career, losing a job, enrolling in college, or losing a family member can all act as environmental triggers. While stress does not directly cause bipolar disorder (just like pollen does not directly cause seasonal allergies), it can be crucial for those who are biologically predisposed to the illness to develop appropriate coping mechanisms in order to avoid situations that could worsen their condition (such as drugs and alcohol).

Correspondence to: Timothy Legg, Department of Health Sciences, University of Warwick, Coventry CV4 7AL, UK, E-mail: timothy@8756.com

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