



Therapies Involved in Treatment of Bipolar Disorder

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DESCRIPTION

Bipolar disorder also known as manic depression is a mental disorder characterized by periods of depression followed by periods of abnormally elevated mood lasting from days to weeks. If the elevated mood is severe or associated with psychosis, it is referred to as mania; if it is milder, it is referred to as hypomania. During mania, a person acts or feels abnormally energetic, happy, or irritable, and they frequently make rash decisions with little regard for the consequences. During manic phases, there is usually a reduced need for sleep. During depressive episodes, the individual may cry, have a negative outlook on life, and make poor eye contact with others. Suicide is a significant risk; over a 20-year period, 6% of those with bipolar disorder committed suicide, while 30%-40% engaged in self-harm. Bipolar disorder is frequently associated with other mental health issues, such as anxiety disorders and substance use disorders.

Bipolar disorder affects about 1% of the world's population. In the United States, it is estimated that about 3% of people will be affected at some point in their lives; rates appear to be similar in males and females. Symptoms usually appear between the ages of 20 and 25; an earlier onset is associated with a worse prognosis. Functioning is becoming more popular in the assessment of patients with bipolar disorder, with a focus on specific domains such as work, education, social life, family, and cognition. One-quarter to one-third of people with bipolar disorder experience financial, social, or occupational difficulties as a result of their illness. Bipolar disorder is one of the top 20 causes of disability in the world, with significant societal costs. Because of lifestyle choices and medication side effects, people with bipolar disorder have twice the risk of dying from natural causes such as coronary heart disease as the general population.

DIFFERENT TYPES OF THERAPY'S FOR BIPOLAR DISORDERS

Interpersonal and social rhythm therapy

Individual therapy in which the person keeps daily records of their bed times, wake times, and activities, as well as the effects of

changes in these routines on their moods. To stabilize moods, the clinician coaches the person on how to regulate their daily routines and sleep-wake cycles. The individual and the therapist identify one or more interpersonal problem areas (e.g., conflicts with coworkers; difficulty maintaining friendships) and discuss potential solutions to avoid similar problems in the future.

Family-focused therapy

Living with someone who suffers from bipolar disorder can be challenging, causing strain in family and marital relationships. Family-focused therapy addresses these concerns while also attempting to restore a healthy and supportive home environment. A key component of treatment is educating family members about the disease and how to cope with its symptoms. Treatment also focuses on resolving domestic issues and improving communication.

Dialectical behavior therapy

Dialectical behavior therapy is a skill-based approach to therapy that includes both individual and group sessions. It teaches mindfulness and acceptance skills, such as the ability to experience moment-to-moment thoughts, emotions, and physical sensations as an observer without judgment. It also teaches people how to cope with stress, regulate their emotions, and interact effectively with others.

CONCLUSION

In general, most people with bipolar disorder will require antipsychotic or mood-stabilizing medication. According to the American Psychological Association, psychosocial treatments may be added to improve the individual's functioning.

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