BIPOLAR DISORDERS

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You have just finished a major project.
You have been working for so hard and so long that you did not realise “Sale is now on!” until you went out to the mall.
Due to the project you have saved up quite a bit
You decided to do some retail therapy!
You bought
- 2 pairs of shoes
- 2 dresses
- 1 pair of boots
- a pair of jeans
- And 1 handbag

Feeling very happy and humming to yourself on your way home

Are you manic?
You mustered up your courage to tell the woman of your dreams that you like her.
The response “You are such a sweet person, you know, and we shall always be very good friends.”
She told you she will be busy for the rest of the month, and you learnt the reason why the next day ... when you see her going out with a guy ...
You feel devastated, still managed to go to class that morning but skipped the rest that day. You wanted to hide in your room.

Your mates hung out with you all night. They were really understanding and supportive.

Are you depressed?
Mood comes in a spectrum

- Mania
- Hypomania
- Euthymia
- Mild to moderate depression
- Severe depression
OVERVIEW OF BIPOLAR DISORDERS

- Bipolar I disorder
- Bipolar II disorder
- Mixed affective episode
- Cyclothymia
- People with Bipolar disorder have extremes of mood which swings from one pole to another
- Intense changes in mood affecting daily function
- Mood swings are more than just fleeting moodiness, cycles can last from days to months
WHAT CAN HAPPEN DURING A MANIC EPISODE
Feeling over the top, elated
Being overly and unrealistically optimistic
Full of self confidence, boastful, grandiose
The cheerful mood seems to be “infectious” - people around feels happy and may laugh together
Quick Mood Changes

- Mood may swing from happiness and elation to irritation and foul mood, and back
- Irritable
INCREASED LEVEL OF ACTIVITY

- Feeling energized even sleeping very little
- Always on the move and restless
- Physically more active - may engage in marathons of physical training
- Often disorganised and cannot finish the started tasks
“FUNNY” AND TALKATIVE

- Making jokes
- Making fun out of words - clanging, punning
Talking so fast that people cannot keep up
Jumping from ideas to ideas, very fast train of thought
Difficult to cut into his speech
TOO MUCH OF A GOOD THING?

- Brightly coloured, heavily accessorised
- Overfriendly
- Increased sex drive, more explicit talk
Impulsive and reckless in decisions
May start up / take up a lot of responsibilities with no realistic feasibility of being able to handle / finish
Poor judgment
Distractible, poor concentration
Not thinking about consequences
REALITY CHECK

- May lose touch with reality
- Delusions
- Hallucinations
AND SHE DOES NOT THINK SHE HAS A PROBLEM

- Insight is often poor
- May be argumentative and refuse to seek medical help
- Having the “time of my life”
MANIA .. OR HYPOMANIA?

- Distinguished in terms of severity
  - Clinical symptoms
  - Extent of social dysfunction
- People feel euphoric, productive and creative - "feeling good"
- Can still carry out daily activities
- But many go on to develop a full blown manic episode, and some swing into depression
- Even if remaining hypomanic, may lead to consequences in terms of study, work and social relationships due to poor judgment and bad decisions.
BIPOLAR DEPRESSION
Features of Depression (1)

- Depressed mood - melancholic, miserable. usu. worse in mornings
- Pessimistic thoughts
- Depressive cognition:
  - past
  - present
  - Future
  - Beck’s cognitive triad (Beck et al 1976)
  - Self
  - World
  - Future
Talking about self-harm or suicide
Feeling hopeless or helpless
Feeling worthless or being a burden to others
Acting recklessly
Putting affairs in order, saying goodbye
Seeking out methods or collecting pills that could be used to commit suicide
**FEATURES OF DEPRESSION (2)**

- Lack of enjoyment - no enjoyment in usual pleasurable activities
- Reduced energy - finds tasks effortful, easily tired
- Social withdrawal
- Slowness - psychomotor retardation
- Agitation and irritability
- Cognitive symptoms - poor memory, decreased concentration or perseverance
Features of Depression (3)

- Sleep disturbance
- Decreased appetite
- Weight loss (>10%)
- Loss of sex drive
- Constipation
- Amenorrhea (women)
MIXED AFFECTIVE STATE

- Manic and depressive symptoms equally dominant within the same episode
- May have simultaneous manic and depressive symptoms
- Or rapid changes from mania to depression (or vice versa)
OVERVIEW OF BIPOLAR DISORDERS

- Bipolar I disorder-
  - Classical presentation
  - characterized by at least one manic episode or mixed episode.
  - Usually also involves at least one episode of depression.
- **Bipolar II disorder**
  - no full-blown manic episodes.
  - involves episodes of hypomania and severe depression.
- **Mixed affective episode**
Cyclothymia
- milder form of bipolar disorder.
- consists of cyclical mood swings
- symptoms less severe than full-blown mania or depression
- Onset adolescence or early adulthood
- 15-50% risk of developing into Bipolar Disorder
LIKE FATHER LIKE SON?

- **genetics**
  - High concordance in monozygotic twins at 74% (Bertelsen et al 1977)
  - 30% risk of mood disorder in first degree relatives

- **Other causes**
  - Stress
  - Substance abuse
  - Medication
  - Lack of sleep
Mixed affective state associated with poorer short term outcome

Length of episodes quite constant, though period of remission between episodes tend to shorten with more relapses
IS TREATMENT EFFECTIVE FOR BIPOLAR DISORDERS

- Yes!
- Early treatment helps too with better chance of recovery
- Consult a psychiatrist
- Right choice of medication is effective
- Psychological treatment is useful too
- Understand more about Bipolar disorders
- Healthy lifestyle
- Effective stress coping
- Enlist support from family and close ones
- Avoid illicit substances and excessive alcohol
WHEN I SUSPECT MY LOVED ONE HAS BIPOLAR

- Learn more about Bipolar, be educated. You may find it useful when helping a loved one seek help and know what to expect.
- Seek professional help. Encourage the person to get help as soon as possible. Procrastination may result in deterioration.
- Accept and be proactive.
Management (6Rs)

- Recognition
- Resources
- Relaxation
- Resume leisure activities
- Receive treatment
- Relieve stress
THANK YOU