



Extreme Highs and Lows?
UNDERSTANDING BIPOLAR DISORDER



What is bipolar disorder?

Bipolar disorder (also known as manic depression) is a kind of affective disorder. The patient's mood becomes extremely elated or depressed, which will lead to marked changes in thinking and behaviour, resulting in disturbance in daily life.

How common is bipolar disorder?



Every 1 in 100 people is affected
The prevalence rates are similar in men and women
The onset usually occurs during or after teenage,
rarely after the age of 40

What are the symptoms of bipolar disorder?

The patient will be depressed or manic. When in the manic phase, the patient feels extremely elated, overestimates his/her ability and becomes highly energetic. When in the depressive phase, the patient feels depressed, pessimistic and loses interest in things.

Common symptoms include:

Manic symptoms



Emotional +

Cognitive

Physical

Behavioural



If you are experiencing similar situations, please consult a doctor or clinical psychologist for professional assessments to receive the necessary help or treatment. Earlier treatment is better for recovery.

Depressive symptoms



- Abnormally elated mood, overestimating own ability

- Persistent sad mood
- Losing interest in things and the ability to find pleasure

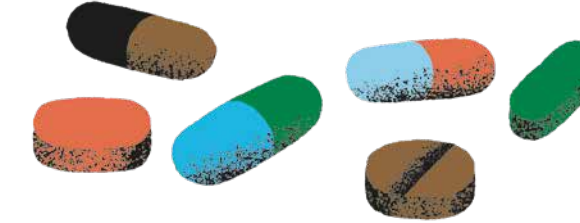
- Full of new and exciting ideas, seeing the self as much more outstanding and important than the others
- Thoughts jumping quickly from one to another

- Sense of worthlessness or guilt
- Thoughts of suicide

- Highly energetic
- Quick in speech
- Rash decision-making, e.g. spending money recklessly

- Chronic fatigue
- Losing interest in things one used to like
- Anxious gestures, e.g. hard to sit still

How to treat bipolar disorder?



A Medication

Common drugs for bipolar disorder include mood stabilisers, such as lithium, and antidepressants, such as selective serotonin reuptake inhibitor (SSRI).



B Psychological treatment

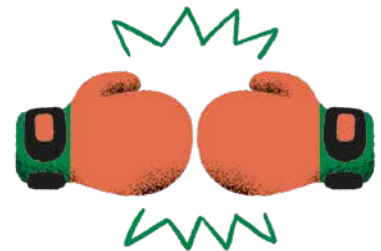
Usually carried out together with medication, psychological treatment such as psychoeducation, cognitive behavioural therapy, interpersonal and social rhythms therapy and family-focused therapy can help the patient to better manage the symptoms.

Bipolar disorder can be treated. If you think that you may be suffering from it, you should seek help.

Wishing to help the patient to recover? You may:



Listen to the patient more to show support



Avoid conflict with the patient



Observe the patient's mood changes



Help the patient to build a regular lifestyle

For more information:



Consult your doctor



Call and consult these departments:
Hospital Authority Mental Health Direct
2466 7350
Social Welfare Departmental Hotline
2343 2255



Visit shallwetalk.hk



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精神健康諮詢委員會
Advisory Committee on Mental Health



Department of Health