**What is Bipolar Disorder?**

By: Helen M. Farrell

<https://tinyurl.com/bipolar141>

1. The word bipolar means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 point). Life is split between two different realities: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (2 points).
2. Type II involves briefer, less extreme periods of elation interspersed with long periods of depression. Type I’s extreme highs are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ episodes (1 point).
3. Bipolar disorder I requires the presence of at least one manic episode over a lifetime. Which of the following is a symptom of mania? (1 point)
   1. Sleeping too much
   2. Having low energy
   3. Changes in appetite
   4. Impulsivity
4. Worldwide, about \_\_\_\_\_\_ to \_\_\_\_\_\_ % of adults experience the broad range of symptoms that indicate bipolar disorder. (1 point)
5. Scientists have discovered that the brain’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ability (removing unused or faulty neural connections) is disrupted in people with bipolar disorder. That means that their neurons go haywire and create a network that’s impossible to navigate. (1 point)
6. At its extreme, untreated bipolar disorder can lead to psychotic symptoms. The overabundance of which neurotransmitter below causes disorganized speech and behavior, delusional thoughts, paranoia and hallucinations? (1 point)
   1. Dopamine
   2. Noradrenaline
   3. Serotonin
   4. Histamine
7. Despite these insights, we can’t pin bipolar disorder down to a single \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In reality, it’s a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problem. (2 points)
8. What symptoms of bipolar disorder can make it a potentially dangerous illness that sometimes warrants professional psychiatric help? Name two. (2 points)
9. What is an important thing to consider when deciding what kind of treatment would work best for an individual diagnosed with bipolar disorder? (1 point)
10. Name two possible treatment options for people living with bipolar disorder. (2 points)