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Bipolar II Disorder



Bipolar II disorder is a bipolar spectrum disorder that has at least one major depressive episode and at least one hypomanic (literally meaning below mania, this is a disposition characterized by elevated or irritable mood, along with thoughts and behaviors that go along with this mood which must last at least 4 days). With bipolar II disorder, the depressive episodes are typically more frequent and more intense than manic episodes.

What is the different between Bipolar I and Bipolar II Disorders¹?

While bipolar I and bipolar II disorder may have some common similarities, they also have some distinct differences. The biggest different between these two disorders is that bipolar II has hypomanic but not manic episodes. While bipolar I disorder may also have other psychotic symptoms such as delusions and hallucinations, bipolar II disorder is not, and cannot, have these psychotic symptoms. This milder form of bipolar, bipolar II, seems to be more common, affecting 2 to 3 in 100 people, while type 1, the more serious type of bipolar disorder, affects about 1 in 100 people. Bipolar II typically develops late in adolescence or in early adulthood. Bipolar II disorder is thought to be the most common in the bipolar spectrum.

What are the signs and symptoms of Bipolar II Disorder¹?

Bipolar II disorder is characterized by the following signs:

- One or more major depressive episodes
- At least one hypomanic episode
- No manic or mixed episodes
- Symptoms cause distress or impart functioning

The following symptoms may help to show signs of characteristics affecting bipolar II disorder suffers:

Online Resources may be found at the bottom of this newsletter.

Contact Us

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned.

Resources:

1. What is Bipolar II Disorder,

http://bipolar.about.com/cs/faq/f/faq_bp2.htm

-Symptoms of depression:

- Decreased energy
- Weight loss or gain
- Irritability
- Uncontrollable crying

-Symptoms of hypomania:

- Grandiosity
- Decrease need for sleep
- Racing thoughts
- Distractibility
- Excess energy
- Actions that could be reckless or inappropriate

Other Issues

Is this genetic?



There is definitely a strong genetic factor related to bipolar disorder. Some individuals, many researchers believe, have a bigger vulnerability to mood disorders, which can be triggered by emotional or environmental events. Researchers have found that identical twin share a diagnosis of approximately 75% of the time, when related to bipolar disorder.

Treatment for bipolar II is vital to helping to deal with this disorder. There are many different types of treatment that may be related to helping with bipolar II disorder.

- Social rhythm therapy- maintaining a regular daily schedule
- Interpersonal therapy-acceptance of the illness
- Behavioral therapy-limiting toxicants like alcohol, maintaining a healthy body
- Cognitive therapy-relying on positive, helpful thoughts
- Psycho Education- learning about the disorder
- Family-focused-the family helps and acknowledges the disorder

Getting treatment is very important to help deal with bipolar II disorder, so if you think you or a friend have any of the signs or symptoms mentioned above, please seek help immediately.