

Lexicology of Bipolar

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The *Lexicology of Bipolar* is a short glossary produced to help patient and carer understanding of key terms relating to bipolar I disorder.

Term	Definition
Antipsychotic	A type of medication commonly used to treat the symptoms of psychosis, e.g. delusions and hallucinations, commonly seen in several disorders, including schizophrenia, bipolar disorder, and, in some cases, treatment-resistant major depression.
	<i>Source:</i> http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antipsychoticmedication.aspx
Anxiety, irritability or agitation	A number of criteria can be used in the diagnosis of bipolar I disorder for those who experience periods of mania with depressive symptoms (mania with mixed features). Anxiety and irritability or agitation during a manic episode is a relevant discriminator of depressive symptoms, as 72% of patients experiencing mania with depressive symptoms reported symptoms of anxiety and irritability or agitation.
	<i>Source:</i> Vieta, E et al., <i>Phenomenology of Manic Episodes According to the Presence or Absence of Depressive Features as Defined in DSM-5: Results from the IMPACT Self-reported Online Survey.</i> <i>J Affective Disord.</i> 2014;156C:206-213. https://www.impactofbipolar.com/en/further-analysis
Bipolar disorder	Bipolar disorder (also known as manic-depressive disorder) is a chronic, episodic illness so named because sufferers alternate between two poles of extreme moods - mania (which may include symptoms such as episodes of elevated moods, extreme irritability, decreased sleep and increased energy) and depression (which may include overwhelming feelings of sadness and suicidal thoughts), or a combination of both.
	<i>Source:</i> www.nimh.nih.gov/health/publications/bipolar-disorder/nimh-bipolar-adults.pdf
Bipolar I disorder	Bipolar I disorder is a sub-type of bipolar disorder. It is defined by the presence of mania or mania with depressive symptoms. These intense moods often lead to problems with daily functioning, interference in personal relationships, and extreme behaviours such as ide attempts. People with bipolar I disorder may experience unusually intense emotional states that occur in distinct periods known as 'episodes'. These can include episodes of mania, depression or mania with depressive symptoms.
	<i>Source:</i> http://www.lundbeck.com/global/brain-disorders/disease-areas/psychosis/bipolar-i-disorder
Bipolar II disorder	Bipolar II disorder is a sub-type of bipolar disorder. It is characterised by severe depressive episodes alternating with episodes of hypomania.
	Individuals with Bipolar II disorder frequently present to a clinician with a major depressive episode and are unlikely to complain initially of hypomania.

	<p><i>Source:</i> http://publications.nice.org.uk/bipolar-disorder-ifp38/glossary http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-adults/index.shtml American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013.</p>
Comorbidity	<p>Comorbidity can be defined most generally as the co-occurrence of two or more mental health problems, e.g. bipolar I disorder and substance use disorder (e.g. alcohol or cannabis), or e.g. bipolar I disorder and an anxiety disorder</p> <p><i>Source:</i> http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2713155/ https://www.health.gov.au/internet/main/publishing.nsf/Content/B42C804645A11AAECA257BF0001E7283/\$File/ch2.pdf</p>
Depression	<p>A mental disorder that causes a loss of pleasure in things that were once enjoyable, withdrawal from family and friends, negative and self-critical thoughts, and other symptoms such as feeling tearful, irritable or tired, poor appetite, and sleep problems.</p> <p><i>Source:</i> http://publications.nice.org.uk/bipolar-disorder-ifp38/glossary</p>
Depressive episode	<p>A manifestation of a major mood disorder, most often part of major depressive disorder or bipolar disorder.</p> <p>The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) outlines a number of symptoms as criteria for a depressive episode, e.g. depressed mood, loss of interest, fatigue and ideas of self-harm and suicide. The severity of the episode depends on how many/which symptoms are present.</p> <p><i>Source:</i> American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013. Summary available at http://www.psnpalto.com/wp/wp-content/uploads/2010/12/Depression-Diagnostic-Criteria-and-Severity-Rating.pdf</p>
Depression with mixed features	<p>Describes when a person experiences a depressive episode with manic/hypomanic symptoms.</p> <p>Sometimes described as: mixed symptoms, mixed episodes, mixed states, mixed syndromes.</p> <p>Overlapping symptoms often include anxiety, irritability and agitation.</p> <p><i>Source:</i> American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013, pp. 149 -150</p>
DSM-5	<p>The Diagnostic and Statistical Manual of Mental Disorders is a classification and diagnostic tool in the area of psychiatry developed by the American Psychiatric Association (APA). A fifth edition (DSM-5) was introduced in 2013.</p> <p>The DSM-5 includes several revisions to the criteria used in diagnosing bipolar I disorder and its subtypes by allowing for mixed states to be described more practically as a combination of depressive and manic symptoms, and occurring during mania, hypomania, or depression episodes.</p>

	<p><u>Source:</u> American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fourth Edition (DSM-IV)</i>, 2000. American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013, pp. 149 -150</p>
Efficacy	<p>Indicates the capacity of a drug or other therapy to bring about beneficial change of a given intervention.</p> <p><u>Source:</u> How FDA Approves Drugs and Regulates Their Safety and Effectiveness. Susan Thaul. Specialist in Drug Safety and Effectiveness. June 25, 2012. http://www.fas.org/sqp/crs/misc/R41983.pdf http://en.wikipedia.org/wiki/Efficacy</p>
Euthymia	<p>A state or period of time during which the mood is stable and mood symptoms (either from the manic or the depressive pole) practically absent).</p>
Hypomania	<p>A period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy.</p> <p>Hypomania is similar to mania, except that it is less severe and delusions or hallucinations are not present.</p> <p><u>Source:</u> American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013. Depression Bipolar and Support Alliance (DBSA). <i>Guide to depression and bipolar disorder</i> http://www.dbsalliance.org/site/PageServer?pagename=education_brochures_depression_bipolar_guide</p>
ICD-10	<p>The International Classification of Diseases is a diagnostic tool in developed by the World Health Organisation. The tenth edition (ICD-10) came into use in 1994.</p> <p>The next revision of the classification (ICD-11) is expected to be ready within a few years.</p> <p><u>Source:</u> World Health Organisation. <i>International Classification of Diseases (ICD)</i>. http://www.who.int/classifications/icd/en/</p>
Functional impairment	<p>A health condition in which a person may feel that their mental or physical state is functioning at less than full capacity. Functional impairment caused by mental disorders can interfere with the ability to maintain relationships with friends or perform at work.</p> <p><u>Source:</u> Üstün B, Kennedy C. What is "functional impairment"? Disentangling disability from clinical significance. <i>World Psychiatry</i>. June 2009; 8(2):82-85. http://www.wisegeek.com/what-is-functional-impairment.htm# http://jeps.efpsa.org/article/view/jeps.aj/39</p>
Mania	<p>An extreme and intense state of elevated mood and high activity/energy level that can affect people's thinking and judgement. It can make it difficult or impossible to deal with life in an effective way. A period of mania can affect both relationships and work.</p> <p>Mania is part of bipolar disorder which is made up of 'highs' (manic episodes), and in most cases also 'lows' (depressive episodes), as well as sometimes a mixture of both.</p> <p><u>Source:</u> http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/bipolardisorder.aspx</p>

<p>Mania with mixed features</p>	<p>Describes when a person experiences a manic episode with depressive symptoms.</p> <p>Sometimes described as: mixed symptoms, mixed episodes, mixed states, mixed syndromes.</p> <p>Anxiety and irritability or agitation during a manic episode is a relevant discriminator of depressive symptoms.</p> <p><i>Source:</i> http://www.nimh.nih.gov/health/publications/bipolar-disorder/index.shtml https://www.impactofbipolar.com/en/further-analysis</p>
<p>Manic episode</p>	<p>A defined episode, often part of bipolar I disorder.</p> <p>The DSM-5 outlines a number of symptoms as criteria for a manic episode, e.g. high activity/energy level, elevated mood, disordered thoughts, diminished need for sleep, and extremely talkative. The severity of the episode depends on how many/which symptoms are present.</p> <p><i>Source:</i> American Psychiatric Association, <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)</i>, 2013. Summary available at http://www.psnpalto.com/wp/wp-content/uploads/2010/12/Depression-Diagnostic-Criteria-and-Severity-Rating.pdf</p>
<p>Mixed episode</p>	<p>A rare condition described in older classifications, (including DSM-IV-TR) requiring full mania and full depression occurring at the same time. Please refer to new DSM-5 classification and/or mania with depressive symptoms</p> <p><i>Source:</i> American Psychiatric Association. <i>Diagnostic and Statistical Manual of Mental Disorders. 4th ed.</i> Washington, DC: American Psychiatric Press, Inc., 1994</p>
<p>Mood stabiliser</p>	<p>A medication commonly used to treat bipolar disorder. The aim is to stabilise mood and help prevent future episodes of low or high mood.</p> <p><i>Source:</i> http://www.netdoctor.co.uk/diseases/facts/bipolardisorder/mood_stabilisers_003790.htm</p>
<p>Remission</p>	<p>Meaning the absence of symptoms relating to a disease or disorder. Remission refers to a state when the symptoms of bipolar disorder are stable or absent for a longer period of time, but the illness does not go away.</p> <p><i>Source:</i> http://www.healthyplace.com/blogs/breakingbipolar/2010/07/what-does-remission-mean-in-bipolar-disorder/</p>
<p>Therapy</p>	<p>Therapy is any intervention (drug or other) which proves beneficial to the wellbeing of a person suffering from a disease or disorder.</p> <p>Bipolar disorder e.g. requires lifelong treatment, even during periods when the patient feels better. Treatment is usually guided by a psychiatrist skilled in treating the condition. In addition, a treatment team may also include psychologists, social workers and psychiatric nurses. The primary treatments for bipolar disorder include medications; individual, group or family psychological counselling (psychotherapy); or education and support groups. Other treatments may include cognitive behavioural therapy (CBT) and electroconvulsive therapy (ECT).</p> <p>http://www.mayoclinic.org/diseases-conditions/bipolar-disorder/basics/treatment/con-20027544</p>