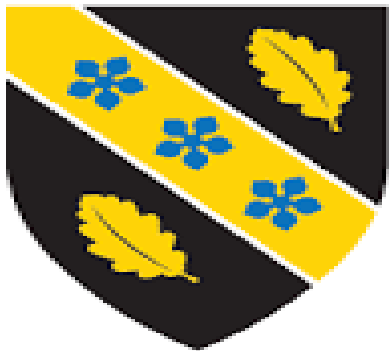




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ASSIGNMENT TITLE: Mental and behavioural disorders

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• **MODULE TITLE: Mental Disorders and Psychopathology**

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Mental Disorders and Psychopathology

**Bipolar classification within ICD:
Chapter V-Mental and behavioural disorders
Mood affective disorders F30-F39**

Assessment 1

Introduction

Definition:

Bipolar disorder is a mental health condition that affects your moods, which can swing from 1 extreme to another. It used to be known as manic depression.



Symptoms of bipolar disorder

- People with bipolar disorder have episodes of:
depression – feeling very low and lethargic
mania – feeling very high and overactive.
- Depend on which mood you're experiencing.
Unlike simple mood swings, each extreme episode of bipolar disorder can last for several weeks (or even longer).



What causes bipolar disorder?

The exact [cause of bipolar disorder](#) is unknown, although it's believed a number of things can trigger an episode.

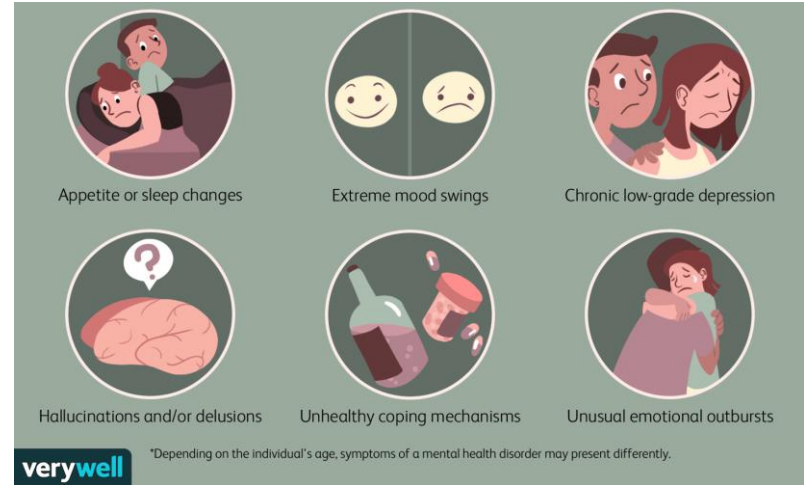
These include:

- extreme stress
- overwhelming problems
- life-changing events
- genetic and chemical factors



Treatments for bipolar disorder

- medicine to prevent episodes of mania and depression – these are known as mood stabilisers, and you take them every day on a long-term basis
- medicine to treat the main symptoms of depression and mania when they happen
- learning to recognise the triggers and signs of an episode of depression or mania
- psychological treatment – such as talking therapy, which can help you deal with depression, and provides advice about how to improve your relationships
- lifestyle advice – such as doing regular exercise, planning activities you enjoy that give you a sense of achievement, as well as advice on improving your diet and getting more sleep



Recommendations

- The professional support is provided by the psychologists, psychiatrists, counsellors, social workers, occupational therapists, community support workers, mental health pharmacists, community mental health nurses and more (Kavalali and Monteggia, 2020).
- There is a mental health policy that supports the measurement taken for defining the overall company's approach towards mental health. This eventually provides the benchmarks in the prevention and treatment of mental disorders along with promotion of mental health in the workplace.

Conclusion

To conclude, Mood affective disorder is also known to be a psychiatric disorder that has a huge range of symptoms. Some of the mood disorders include bipolar disorder, depression, disruptive mood dysregulation disorder and premenstrual dysphoric disorder.

Bipolar disorder is easily confused with depression because it can include depressive episodes. The main difference between the two is that depression is unipolar, meaning that there is no “up” period, but bipolar disorder includes symptoms of mania.



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