

BI-POLAR DISORDER QUIZ

1) Bipolar disorder is:

- a mental illness, also known as manic-depressive disorder
- a type of mental illness related to eating disorders
- a form of depression that occurs only following pregnancy
- a form of depression that occurs only during the winter months

ANSWER: Bipolar disorder is also known as manic-depressive disorder, and it is one of the most distinct and dramatic form of mental illnesses. It is characterized by intense episodes of elation and despair, with any combination of mood experiences in between, including periods of normal moods.

2) A wide range of symptoms characterize bipolar disorder, but which of the following can trigger a manic episode in someone with the illness:

- overeating
- diabetes
- disruption in the sleep-wake cycle
- too much salt in the bloodstreams

ANSWER: Disruption in the sleep-wake cycle can be an early warning sign of an impending manic episode. Controlling the sleep-wake cycle is important for individuals with bipolar disorder.

3) According to the National Institute of Mental Health, close relatives of people suffering from bipolar illness are:

- certain to develop the disorder
- 10 to 20 times more likely to develop either depression or bipolar disorder than the general population
- 25 times more likely to develop either depression or bipolar disorder than the general population
- 40 times more likely to develop either depression or bipolar disorder than the general population

ANSWER: 10-20 times more likely to develop either depression or bipolar disorder than the general population. While most people suffering from bipolar disorder have relatives who suffer from some form of depression, not everyone who has a family history of the disorder will develop it.

4) Lithium has long been the treatment of choice for people with bipolar disorder.

Which of the following statements about lithium is true:

- it can regulate symptoms in many, but not all people with bipolar disorder. If it works, treatment is usually life-long.
- It can only be taken by people with bipolar disorder who are under 35
- It is a one-time treatment for bipolar disorder
- It is administered by injection on a monthly basis

ANSWER: It can regulate symptoms in many, but not all people with bipolar disorder. If it works, treatment is usually life-long. Bipolar disorder is not curable, but lithium is highly effective for regulating moods and other symptoms. It is not, however, effective for everyone with the illness. Regular monitoring is necessary for people taking lithium to ensure that proper doses are administered and that unwanted and possibly dangerous side effects are well managed.

5) Other treatment options for bipolar disorder include:

- None of the above
- Antidepressants and electroshock therapy
- Yoga and meditation
- Hydrotherapy and oxygen therapy

ANSWER: Antidepressants may be prescribed to treat many of the symptoms of bipolar disorder including feelings of sadness and hopelessness, difficulty sleeping, appetite changes, irritability, among other symptoms of depression. Electroshock therapy may be recommended for individuals who do not respond to other forms of treatment.

6) How many people in the United States have bipolar disorder?

- Less than one million people
- About 1.5 million people
- More than 2.5 million people

ANSWER: More than 2.5 million people have been told they have bipolar disorder. However, many other people may have bipolar and not know it because the illness can be hard to recognize.

7) True or False? People with bipolar disorder are just weak. They could snap out of it if they really wanted to.

- True
- False

ANSWER: False. Bipolar disorder is a medical condition. It is a disease of the brain. You can't just get over bipolar disorder. You need to see a doctor who treats bipolar illness.

8) True or False? No one knows when someone who's diagnosed with bipolar disorder is feeling manic or depressed.

- True
- False

ANSWER: False. Often, people with bipolar disorder don't know they're having problems. Sometimes, friends or family members can see when you're having trouble, even when you can't.