

Bipolar 1 Disorder



What is Bipolar 1 Disorder?

It is manic episodes that are followed by a depressive states. Patient's with Bipolar 1 disorder show signs of an elevated mood, elation or an expansive mood with unpredictable changes as well as severe functional impairment.

What are the Diagnostic Criteria?

- ✓ At least one manic episode or mixed episodes, following a depressive episode occurring for at least 1 week

What Should Healthcare Workers Monitor in Bipolar 1 Patients?

- ✓ Their safety! The risk of suicide is always present and should be assessed thoroughly



13%

Prevalence of Bipolar 1 Disorder Affecting People 18 Years or Older

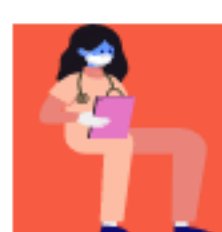
A Road to recovery with Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that aims to improve mental health, daily functioning and the overall quality of life. CBT usually involves efforts to recognize harmful thinking patterns or actions and work to change them. CBT also works to improve emotional regulation and gain or strengthen problem solving skills.



How Does Cognitive Behavioral Therapy Benefit Bipolar 1 Patient's?

It helps patient's learn how to better manage their illness and prevent recurrences of severe manic episodes. CBT focuses on anxiety control techniques, cognitive restructuring, social skills, problem-solving, and self-esteem. When used in conjunction with pharmacological interventions, CBT has been effective in relieving mania, depression, and anxiety symptoms associated with bipolar 1 disorder. This also results in fewer overall episodes, hospitalizations, and suicide attempts.



89.9%

effectiveness in patients also taking medication

20%

effectiveness in patients just with medications

Cognitive Behavioral Therapy has been shown to improve relapse rates, depressive symptoms, mania severity, and functioning.

Resources Around Harrisonburg that Patients' with Bipolar 1 Disorder Can Utilize



Summit House that provides psychosocial support



Sentara Hospital that provides behavioral health services

Spring 2021
Your Mental Health Matters
Learn more about CC services



JMU Counseling Center that provides mental health support

More information

Summit House
540.434.1941

Sentara Hospital
540.564.5100

JMU Counseling Center
540.568.6552

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