

Bipolar Disorder

In this video, we explore the basics of bipolar disorder and common misconceptions, including how mood lability – which is a rapid fluctuation in mood – is not bipolar disorder. Bipolar disorder is characterized by episodes of low or elevated mood that last for weeks to months.

References and further reading

- Rowland, T. A., & Marwaha, S. (2018). Epidemiology and risk factors for bipolar disorder. *Therapeutic advances in psychopharmacology*, 8(9), 251-269.

Glossary

Major Depressive Disorder (MDD)

Bipolar Disorder

Mood Lability

Bipolar I

Bipolar II

Mania

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Cyclothymia