

BIPOLAR I VS BIPOLAR II COMPARISON



Bipolar I and II are mental health conditions known as mood disorders.

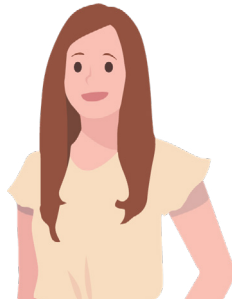
Both bipolar conditions involve changes in mood and affect that can alter someone's ability to socially, physically, or emotionally function. Clients can have manic and depressive symptoms.

Mood

A sustained emotional attitude

NURSING NOTE:

Mood is often obtained via a client's self-report.



Affect

The way someone displays their reactions

NURSING NOTE:

Affect is more about a client's reaction and expression.



Manic

Elevated mood and > 3 manic behaviors:

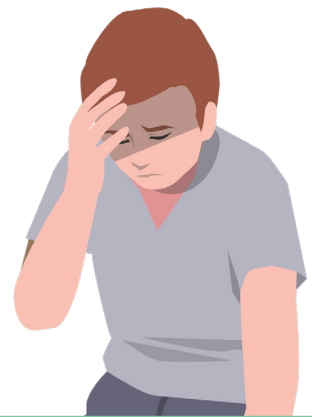
- Decreased need for sleep
- Increased energy
- Increased involvement in activities
- Difficulty concentrating
- Psychomotor agitation
- Risky behaviors, e.g. gambling



Depressive

> 3 depressive behaviors:

- Increased or decreased need for sleep
- Decreased energy
- Decreased interest in activities
- Difficulty concentrating
- Psychomotor retardation
- Changes in appetite



Bipolar I

At least 1 manic episode and 1 major depressive episode

Equally seen in men and women



Bipolar II

At least 1 depressive episode lasting at least 2 weeks and at least 1 hypomanic episode

More common in women than men



Hypomania is a mood state that has behaviors interfering with quality of life. A manic episode lasts for at least 7 days. A hypomanic episode lasts for 4–6 days.

Bipolar disorder is typically diagnosed during late adolescence (teen years) or early adulthood. Occasionally, bipolar symptoms can appear in children.

NURSING NOTE:

A hypomanic episode is less severe than a manic episode.

NOTES

