



**Social Studies Virtual Learning**

**Psychology**

**Lesson 22**

**April 21, 2020**

# Psychology:

## Lesson #22: April 21

### Bipolar Disorder

Learning Target: The learner will identify the two phases of bipolar disorder, explain characteristics of each and types of bipolar disorders.

# Warm Up

Watch the clip here as an introduction to bipolar disorder and see what hints are provided about this condition.

Demi Lovato Opens up About Her Bipolar Diagnosis (3:02)

[https://www.youtube.com/watch?v=HOR-\\_VBE0UU](https://www.youtube.com/watch?v=HOR-_VBE0UU)

- What did you learn about bipolar disorder from Demi Lovato's interview?
- What is Demi doing to maintain her mental health at this time?

# Lesson Activity

Watch the video clip here about the specifics regarding bipolar disorder then take out a sheet of paper for your assignment.

Bipolar Disorder - causes, symptoms, treatment & pathology (6:54)

<https://www.youtube.com/watch?v=KSvk8LLBo2g>

## Bipolar Disorder

One type of mood disorder is **bipolar disorder**, in which individuals are excessively and inappropriately happy or unhappy. These reactions may take the form of high elation, hopeless depression, or an alternation between the two.

In the *manic phase*, a person experiences elation, extreme confusion, distractibility, and racing thoughts. Often the person has an exaggerated sense of self-esteem and engages in irresponsible behavior, such as shopping sprees or insulting remarks. As an example, consider the following behavior:

On admission she slapped the nurse, addressed the house physician as God, made the sign of the cross, and laughed loudly when she was asked to don the hospital garb. This she promptly tore to shreds. . . . She sang at the top of her voice, screamed through the window, and leered at the patients promenading in the recreation yard. (Kamash, 1945)

Often, this state is not as easy to detect as some others because the person seems to be in touch with reality and blessed with an unending sense of optimism. During a manic episode, a person may behave as if he or she needs less sleep, and the activity level typically increases, as does the loudness and the frequency with which he or she speaks.

# Lesson Activity

Read here about bipolar disorder and answer the questions that follow on a sheet of paper titled:

Lesson 22, April 21 - Bipolar Disorder

1. Define bipolar disorder -
2. How is the 'manic phase' of bipolar disorder described in the text?

# Lesson Activity

In the *depressive phase*, the individual is overcome by feelings of failure, sinfulness, worthlessness, and despair. In contrast to the optimism and high activity of a manic-type reaction, a depressive-type reaction is marked by lethargy, despair, and unresponsiveness. The behavior of someone who is depressed in a bipolar disorder is essentially the same as someone with a major depressive disorder (Perris, 1982), as in the following case:

The patient lay in bed, immobile, with a dull, depressed expression on his face. His eyes were sunken and downcast. Even when spoken to, he would not raise his eyes to look at the speaker. Usually he did not respond at all to questions, but sometimes, after apparently great effort, he would mumble something about the “Scourge of God.” (Morris & Maisto, 2000)

In some cases, a patient will alternate between frantic action and motionless despair. Some people experience occasional episodes of a manic-type or depressive-type reaction, separated by long intervals of relatively normal behavior. Others exhibit almost no normal behavior, cycling instead from periods of manic-type reactions to equally intense depressive-type reactions. Some theorists have speculated that the manic periods serve as an attempt to ward off the underlying hopelessness of the depressive periods. Others believe that mania can be traced to the same biochemical disorder responsible for depression.

3. Explain how the ‘depressive phase’ is characterized in the text. -
4. Which of the following statements is accurate about someone with bipolar Disorder?
  - A) bipolar people continually alternate between manic, active behavior and an inactive depressed state.
  - B) some bipolar people have occasional episodes of manic or depressive behaviors separated by long periods of normal behavior
  - C) bipolar people show no normal behavior
  - D) according to the text, bipolar people exhibit normal behavior 50% of the time

# Assignment

Continue writing the following questions and your answers on a sheet of paper titled: Lesson #22 April 21 - Bipolar Disorder

5. In the video clip, a condition known as 'Bipolar-1' is mentioned. Explain how Bipolar-1 is described. -
6. Explain how 'Bipolar-2' differs from Bipolar-1 --
7. Explain what is meant when a person experiences 'mixed episodes.' -
8. Discuss treatments for bipolar disorders. -

# Reflection

Thinking Exercise:

- What do you imagine would produce stress in your life if you were dealing with bipolar disorder?
- What do you think is a common perception (or misperception) about people with bipolar disorder?
- Why do you think there is such a negative stigma associated with mental disorders?



# Additional Resources

Check out these links for more information on this topic.

Understanding Bipolar Disorder (3:53) technical

<https://www.youtube.com/watch?v=CDK50WQEOJc>

Case Study - Newly Diagnosed Bipolar Patient (6:31)

<https://www.youtube.com/watch?v=kTvEj6Aldaw>

# Answers

1. Define bipolar disorder - A mood disorder where people alternate between being excessively and inappropriately happy or unhappy.
2. How is the 'manic phase' of bipolar disorder described in the text? A person experiences elation, extreme confusion, distractibility, or racing thoughts with an exaggerated sense of self esteem or irresponsible behavior.
3. Explain how the 'depressive phase' is characterized in the text. - People are overcome with feelings of failure, sinfulness, worthlessness, despair and physical lethargy or unresponsiveness.
4. B
5. In the video clip, a condition known as 'Bipolar-1' is mentioned. Explain how Bipolar-1 is described. - A person with Bipolar-1 often has a period of deep depression lasting a couple weeks followed by manic behavior, or major highs that last at least a week and may last 3-6 months requiring hospitalization.
6. Explain how 'Bipolar-2' differs from Bipolar-1 - A person would experience generally the same type of low depressed behavior for a week or two followed by a manic period, not as high or severe as in Bipolar-1. This would last at least 4 days and up to a few weeks/months
7. Explain what is meant when a person experiences 'mixed episodes.' - This occurs when a person experiences symptoms of depression and mania at the same time.
8. Discuss treatments for bipolar disorders. - Treatment options include Lithium salts, antidepressants, antipsychotics among others and psychotherapy to deal with stress.