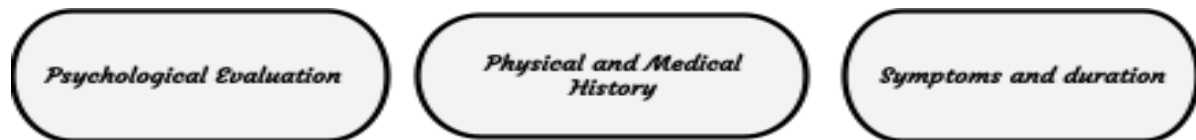


How to Treat Bipolar Affective Disorder Worksheet

Accurate Diagnosis: Accurate diagnosis is important to choose the best kind of treatment, Following is the protocol that is used to get the accurate diagnosis of the disorder



Treatment Options

Medication:

Mood stabilizers: Mood stabilizing medicines are used to control elevated mood. Examples of mood stabilizers are lithium, valproic acid, and carbamazepine.

Antipsychotics: Such medicines are used for the treatment of depression and mania if other medicines are not working properly.

Antidepressants and antipsychotic drugs: Medicines like Fluoxetine and Olanzapine are used combined to reduce depression while working as a mood stabilizer.

Anti Anxiety Medicine: Benzodiazepine is also used to improve sleep by helping in managing anxiety.

Psychotherapy

Cognitive-behavioral therapy (CBT). Its focus is on the identification of unhealthy negative thoughts by replacing them with positive thoughts. It also helps in identifying your triggers and will provide the strategies to manage your episodes.

Psychoeducation. Getting knowledge about the symptoms, prognosis, its onset and treatment can help you to understand people with bipolar disorder effectively. It will help you to provide the best care to your loved ones.

Family-focused therapy. Family focus therapy helps the family and the person understand each other's conditions. It allows the individual to have support from the family to fight this disorder.

Lifestyle Change

Lifestyle change: is an important treatment option for bipolar disorder. Quit using any recreational drug or medication that can increase risk-taking behavior.

Form Relationships: Form relationships that are meaningful and supportive. Surround yourself with people who have a positive approach to life.

Healthy Routine: Develop healthy eating, drinking, and sleeping routine. Having proper sleep can help in reducing mental stress. It will also help you in having a balanced mood.

