Bipolar Disorder Myths and Facts – Answer Key

Directions: Read the article "Bipolar Disorder Myths and Facts." Complete each sentence with a term from the Word Bank. Each term is used one time.

Word Bank

ADHD	depression	hospital	sleep
breathing	DSM-5	manic	stabilizers
concentrating	eating	psychotherapy	test
conditions	energy	regular	time
cyclothymic	families	severe	trigger
days	two	worse	

What Bipolar Disorder Is

1. Bipolar disorder includes periods of high **energy** and periods of fatigue and depression.
2. The highs and lows tend to last **days** or weeks at a time.
3. Bipolar disorder used to be called manic **depression**.
4. Some people have symptoms of mania and depression at the same **time**.
5. Symptoms do not follow a **regular** pattern.

Types of Bipolar Disorder

6. In bipolar I, **manic** episodes last at least 7 days or require hospital care.
7. In bipolar I, periods of depression may last **two** weeks or more.
8. In bipolar II, the highs are not as **severe** as in bipolar I.
9. In **cyclothymic** disorder, the highs and lows tend to be mild.

Diagnosis and Treatment

10. No single **test** shows for sure that a person has bipolar disorder.
11. Lab tests can rule out other **conditions** that cause similar symptoms.
12. Doctors compare symptoms to the **DSM-5**, a manual used by psychiatrists.
13. Medications include mood **stabilizers**, antidepressants, and anti-mania drugs.
14. **Psychotherapy** helps people avoid triggers, find support, and spot warning signs.

Who Gets It and What Affects It

15. In teens, bipolar disorder may appear alongside **ADHD**, which makes diagnosis hard.
16. Bipolar disorder can run in **families**, but many people have no family history of it.
17. Common co-occurring conditions include anxiety, substance abuse, and **eating** disorders.
18. Alcohol and drugs do not cause bipolar disorder, but they can make symptoms **worse**.
19. Stressful events can **trigger** bipolar episodes.
20. Yoga, meditation, and deep-**breathing** exercises can help reduce tension.

Symptoms Beyond Mood

21. During mania, a person may talk excessively, take risks, and get less **sleep**.
22. During depression, a person may feel tired and have trouble **concentrating**.
23. Many people with bipolar disorder never need to stay in a **hospital**.