

**MODULE 3**  
**DIAGNOSIS AND TREATMENT OF BIPOLAR DISORDER**



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## MODULE 3

# DIAGNOSIS AND TREATMENT OF BIPOLAR DISORDER

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# MODULE 3

## DIAGNOSIS AND TREATMENT OF BIPOLAR DISORDER

- Part 1: Diagnosis of bipolar disorder
- Part 2: Overview of treatment options

# Objectives

- To describe how bipolar disorder is diagnosed
- To describe both the pharmacological and nonpharmacological treatment options for bipolar disorder

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## DIAGNOSIS AND TREATMENT OF BIPOLAR DISORDER

- Part 1: Diagnosis of bipolar disorder
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# Diagnosis of Bipolar Disorder

The diagnosis of bipolar disorder is made based on a comprehensive psychiatric evaluation, which should include:

- medical history and examination
- patient history
- family history
- assessment of psychosocial circumstances
- assessment of suicide risk



# Diagnosis of Bipolar Disorder: Medical History and Examination

- Patients are asked to describe their symptoms as well as the nature of the impairment and dysfunction they have been experiencing
- Other conditions that may cause symptoms similar to those of bipolar disorder need to be ruled out, including:
  - Schizoaffective disorder
  - Schizophrenia
  - Schizophreniform disorder
  - Delusional disorder
  - Other specified or unspecified schizophrenia spectrum and other psychotic disorder



# Diagnosis of Bipolar Disorder: Patient History

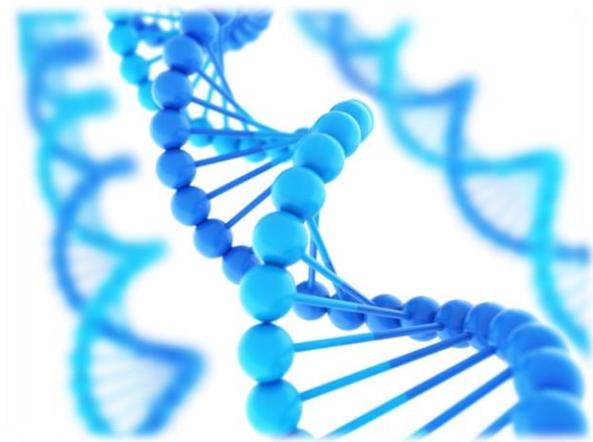
A comprehensive patient history needs to be obtained, including:

- in-depth psychiatric history
- current and past medical and psychiatric disorders
- personal history
- current and past medication usage



# Diagnosis of Bipolar Disorder: Family History

- Bipolar disorder has a strong genetic factor
- In patients who have a first-degree relative with bipolar disorder, the approximate lifetime risk of developing bipolar disorder increases to 5%-10%



# Diagnosis of Bipolar Disorder: Assessment of Psychosocial Circumstances

- A thorough assessment of the patient's work and social environments is necessary
- Substance use also needs to be evaluated
  - The symptoms of bipolar disorder must persist once the substance is no longer being used



# Diagnosis of Bipolar Disorder: Assessment of Suicide Risk

- Up to 36% of patients with bipolar disorder will attempt suicide one or more times
- Men with bipolar disorder are 1.7 times more likely than women to attempt suicide; suicide attempts are more common in patients experiencing mood episodes with mixed features and depression
- Family history of suicide, previous attempts, and co-occurring substance use need to be carefully evaluated



# Diagnosis of Bipolar Disorder: Differential Diagnosis

- Other psychiatric illnesses, such as schizophrenia and major depressive disorder (MDD), can share many of the symptoms that are associated with bipolar disorder
- A medical examination combined with a careful evaluation of the patient's family history, past and present mood episodes, psychosocial circumstances, and suicide risk can help lead to an appropriate diagnosis

Click here for the complete diagnostic criteria for bipolar disorder

## Key Takeaways

- An appropriate diagnosis of bipolar disorder is made based on a comprehensive psychiatric evaluation that reviews the patient's symptoms and multiple aspects of the patient's history
- Bipolar disorder carries a significant risk of suicidality; careful assessment of this risk is required in order to determine the appropriate course of treatment

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# Stages and Components of Treatment

## Acute Phase



## Maintenance Phase



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# Treatment Settings

## Outpatient Settings

Primary Care



Mental Healthcare



Other



# Treatment Settings



## Inpatient Settings

Emergency department treatment leading to hospitalization

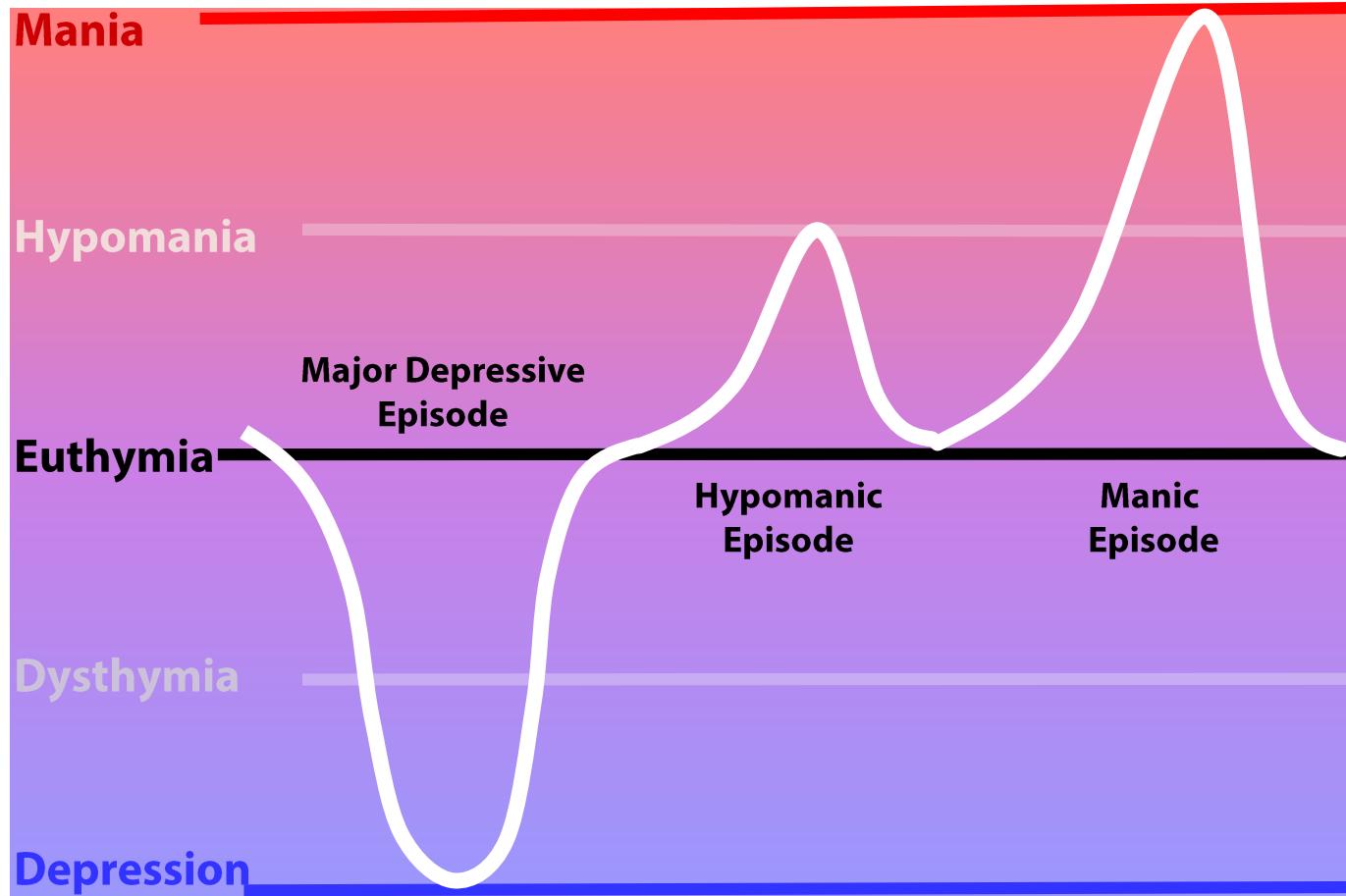
# Overview of Treatment Modalities for Bipolar Disorder

- Medication
- Psychotherapy
- Psychosocial Interventions
- Electroconvulsive Therapy

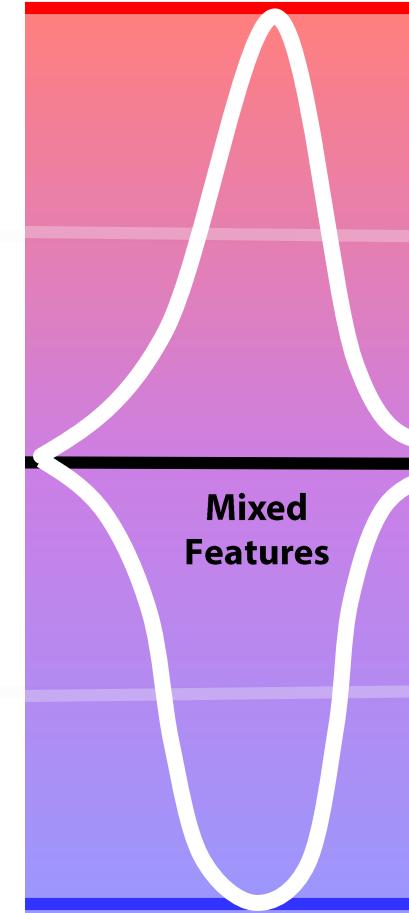


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# Mood Episodes



Specifier



# Commonly Used Medications for the Treatment of Bipolar Disorder

- Antipsychotics
- Mood Stabilizers
- Antidepressants
- Ancillary Medications



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# Antipsychotics

## Medication

aripiprazole (Abilify®)

aripiprazole (Abilify Maintena®)

asenapine (Saphris®)

cariprazine (Vraylar®)

lurasidone HCl (LATUDA®)

olanzapine (Zyprexa®)

olanzapine/fluoxetine hydrochloride (Symbax®)

quetiapine fumarate (Seroquel®)

quetiapine fumarate (Seroquel XR®)

risperidone (Risperdal®)

risperidone (Risperdal Consta®)

ziprasidone hydrochloride (Geodon®)

\*FDA approved indications as of September 2018 <sup>†</sup>Mixed episodes as defined by the DSM-IV

Medication	Approved Indications Relating To Bipolar Disorder*			
	Major Depressive Episodes	Manic Episodes	Mixed Episodes <sup>†</sup>	Maintenance Treatment
aripiprazole (Abilify®)		✓	✓	
aripiprazole (Abilify Maintena®)				✓
asenapine (Saphris®)		✓	✓	✓
cariprazine (Vraylar®)		✓	✓	
lurasidone HCl (LATUDA®)	✓			
olanzapine (Zyprexa®)		✓	✓	✓
olanzapine/fluoxetine hydrochloride (Symbax®)	✓			
quetiapine fumarate (Seroquel®)	✓	✓		✓
quetiapine fumarate (Seroquel XR®)	✓	✓	✓	✓
risperidone (Risperdal®)		✓	✓	
risperidone (Risperdal Consta®)				✓
ziprasidone hydrochloride (Geodon®)		✓	✓	

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# Mood Stabilizers

## Approved Indications\*

Medication	Acute Bipolar Mania	Mixed Episodes <sup>†</sup>	Maintenance of Bipolar Disorder
carbamazepine XR (Equetro®)	✓	✓	
divalproex sodium (Depakote®)	✓		
lamotrigine (Lamictal®)			✓
lithium	✓		✓

\*FDA approved indications as of September 2018. <sup>†</sup>Mixed episodes as defined by the DSM-IV



# Nonpharmacological Treatment Modalities

- Psychotherapy
  - Cognitive Behavioral Therapy (CBT)
  - Family-Focused Therapy (FFT)
  - Interpersonal Therapy (IPT)
- Psychosocial Interventions
  - Psychoeducation
  - Caregiver Support
- Electroconvulsive Therapy (ECT)



# Treatment Guidelines

- American Psychiatric Association (APA)
- The Expert Consensus Guideline Series
- Department of Veterans Affairs (VA)
- Texas Medication Algorithm Project (TMAP)
- The British Association for Psychopharmacology (BAP)
- The Royal Australian and New Zealand College of Psychiatrists (RANZCP)
- The National Institute for Health and Care Excellence (NICE)
- The Canadian Network for Mood and Anxiety Treatment (CANMAT) in collaboration with the International Society for Bipolar Disorder (ISBD)

## Key Takeaways

- A variety of treatment options for bipolar disorder exist, including different classes of pharmaceutical agents and nonpharmacological treatment options
- Currently only a few pharmacological agents have been FDA approved for the treatment of acute bipolar depression
- Nonpharmacological treatment options represent important additive treatment modalities



## Module 3: Diagnosis and Treatment of Bipolar Disorder

### GLOSSARY

ancillary -	supplementary
inpatient -	a patient who is admitted to a hospital or clinic for treatment that requires at least one overnight stay
outpatient-	a patient who is admitted to a hospital or clinic for treatment that does not require an overnight stay
pharmacotherapy-	the treatment of medical conditions through the administration of medication
psychosocial -	related to one's psychological development in, and interaction with, a social environment
psychotherapy-	treatment of emotional, behavioral, personality, and psychiatric disorders based primarily on verbal or nonverbal communication and interventions with the patient, in contrast to treatments using chemical and physical measures
serial observations -	a series of repeated observations over a period of time
suicidality-	a general term that encompasses four behaviors: suicidal ideation (thoughts of committing suicide), self-injurious behavior, suicide attempts, and suicide

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