

Common Myths about Bipolar Disorder one should be Aware

Saron James*

SRM Institute of Science and Technology, India

INTRODUCTION

Bipolar disorder symptoms vary considerably, which can lead to misconceptions. The following are a few myths about this disease:

Bipolar Disorder cannot be diagnosed in Children

There is a misconception that bipolar disorder only affects adults. "Children can have bipolar illness, but it is often difficult to diagnose due to a lack of data on the issue, since children do not have the same ability to convey their emotional experiences, and other disorders," according to researchers.

Bipolar Disorder Patients are Harmful

People with mental illnesses are frequently stereotyped as violent, sick, unstable, and (by extension) dangerous; nevertheless, these stereotypes may not be accurate. The majority of persons with mental health problems are no more likely to be violent than the general population, and just 3%–5% of violent acts may be linked to people with serious mental illnesses. People with serious mental problems, on the other hand, are more than ten times more likely to be victims of violent crime.

Bipolar Disorder is an Excuse for Fluctuations in Mood

Mood swings are a natural part of life for everyone. Bipolar disorder, on the other hand, causes mood swings that are more pronounced and extreme. Bipolar disorder's highs and lows are extremely distinct from regular mood swings, in that people with bipolar disorder have drastic variations in their energy levels. Sleep disturbances are also rather prevalent.

The Symptoms of Bipolar Disorder are the same for everyone

Bipolar disorder is difficult to diagnose due to the vast range of symptoms seen by bipolar patients. Excessive happiness, hopefulness, and enthusiasm, restlessness, quick speech, increased energy, and a decreased need for sleep are all common symptoms of manic episodes. Depressive episodes, on the other side, include emotions of melancholy, exhaustion, and hopelessness, among

other things. Bipolar disorder is divided into four types: Bipolar 1, Bipolar 2, Cyclothymia, and Bipolar disorder with no specific diagnosis.

Bipolar Disorder can only be treated with Medication

Medicine can play an important role in achieving a healthy outcome, but there are also alternative options for reducing and managing symptoms. Small, positive improvements in one's life can have a big impact. A healthy diet and exercise programme, for example, may be beneficial, and psychotherapy is an excellent treatment option. Cognitive-behavioral treatment is really effective.

Bipolar Disorder Patients are either Manic or Depressed all of the Time

While bipolar disorder can produce mania/hypomania and/or depression, most people do not experience these symptoms all of the time. Bipolar disorder patients are not constantly manic or depressed. They frequently experience euthymia, or a balanced mood, for lengthy periods of time.

Bipolar Disorder Prevents People from Working

It is a prevalent belief that people with bipolar disorder are unable to maintain stable job, however this is not true. Most persons with bipolar work (more than 75 percent) are successful with proper medical treatment and excellent support.

Mania is Fun

While mania and hypomania may appear to be amusing at first, they are also harmful. Mania, for example, can rise to grandiose thoughts and sentiments, which can be frightening and life-threatening. Some people with mania and/or hypomania overindulge in alcohol or spend excessively, and some will have auditory or visual hallucinations. It's common to lose track of reality. While mania may appear to be constructive at first, the mood and behaviour changes that people experience while manic lead to bad decisions and impaired reality checking, which can cause substantial functional and relationship challenges.

*Correspondence to: Saron James, SRM Institute of Science and Technology, India, E-mail: Saron.james123@yahoo.co.in

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