



# Bipolar Disorder Cognitive Behavioural Therapy

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## COMMENTARY

Cognitive therapy for bipolar disorder was found to lessen depression in two trials, however it was characterised as probably efficacious due to a lack of change in symptoms in at least one major study. All cognitive treatment manuals include a psycho-education component about the biological foundation of the illness, the necessity for psychotropic medicines, and the early symptoms of illness exacerbation. These manuals also emphasise detecting maladaptive negative beliefs about one and methods for challenging these unduly negative views. There is also an emphasis on how to counteract the overly happy thoughts that emerge during manic episodes.

There are various manuals, and studies that employed the manual developed by D. Lam and others had very positive results. The Lam handbook distinguishes itself by emphasising the need of a regular sleep schedule. The Lam handbook is intended to be taught in 12-18 individual weekly sessions, with two booster sessions scheduled over the next six months. Manic symptoms have been reduced over time in randomised controlled trials using the Lam manual. According to a study published in *POLS One*, cognitive-behavioural therapy is beneficial in reducing relapse rates and improving symptoms of depression and manic severity, as well as psycho social functioning in patients with bipolar illness. CBT is the non-pharmaceutical intervention of choice for patients suffering from depression and anxiety, and randomized controlled trials published in the last ten years have acknowledged the potential benefits as a supplement to mood stabilizers for symptom relief, relapse prevention, and improved drug adherence. Bipolar disorder, often known as manic depressive disease, is a mental condition characterized by two extremes: depressed ("low") and manic ("high").

When a person is depressed, he or she feels consistently gloomy, hopeless, and sluggish, and may consider suicide, among other symptoms. When a person is manic, he or she gets overly excited, angry, demands less sleep, develops grand ideas, and may

engage in potentially risky behaviour impulsively.

Psychotherapy can assist those who are more stable in recognizing and managing symptoms. Medication can be used to treat acute episodes as well as to help prevent relapses. Psycho social support is an important part of the treatment process. Effective treatment for bipolar disease is as diverse as the people who suffer from it. People suffering from this sort of mental disease frequently benefit from long-term treatment. Clinicians frequently employ a combination of psychotherapy and medicine to assist patients in managing their symptoms. Cognitive behavioural therapy for bipolar illness is one example of an effective style of psychotherapy in both children and adults.

Cognitive behavioural treatment, or CBT, can be as successful as medicine in treating non psychotic mental problems, according to the Association for Behavioural and Cognitive Therapies. Furthermore, it does not have any negative side effects. Many of the drugs that doctors recommend to bipolar illness patients are debatable. According to some specialists, antidepressants do not work well for those with bipolar disorder. In rare circumstances, they can exacerbate depression symptoms. It is difficult to use medication to treat bipolar disorder. Psychiatrists frequently prescribe lithium carbonate to treat mania, but researchers aren't sure how it works. Some of the drugs that doctors provide to bipolar disorder patients can be hazardous in large dosages. Psychiatrists are frequently required to experiment with various medicines and dosages in order to find the optimal combination. They must also evaluate the patient on a frequent basis to verify that the medications are not causing harmful side effects.

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## CONFLICT OF INTEREST

The authors report no conflict of interest.

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