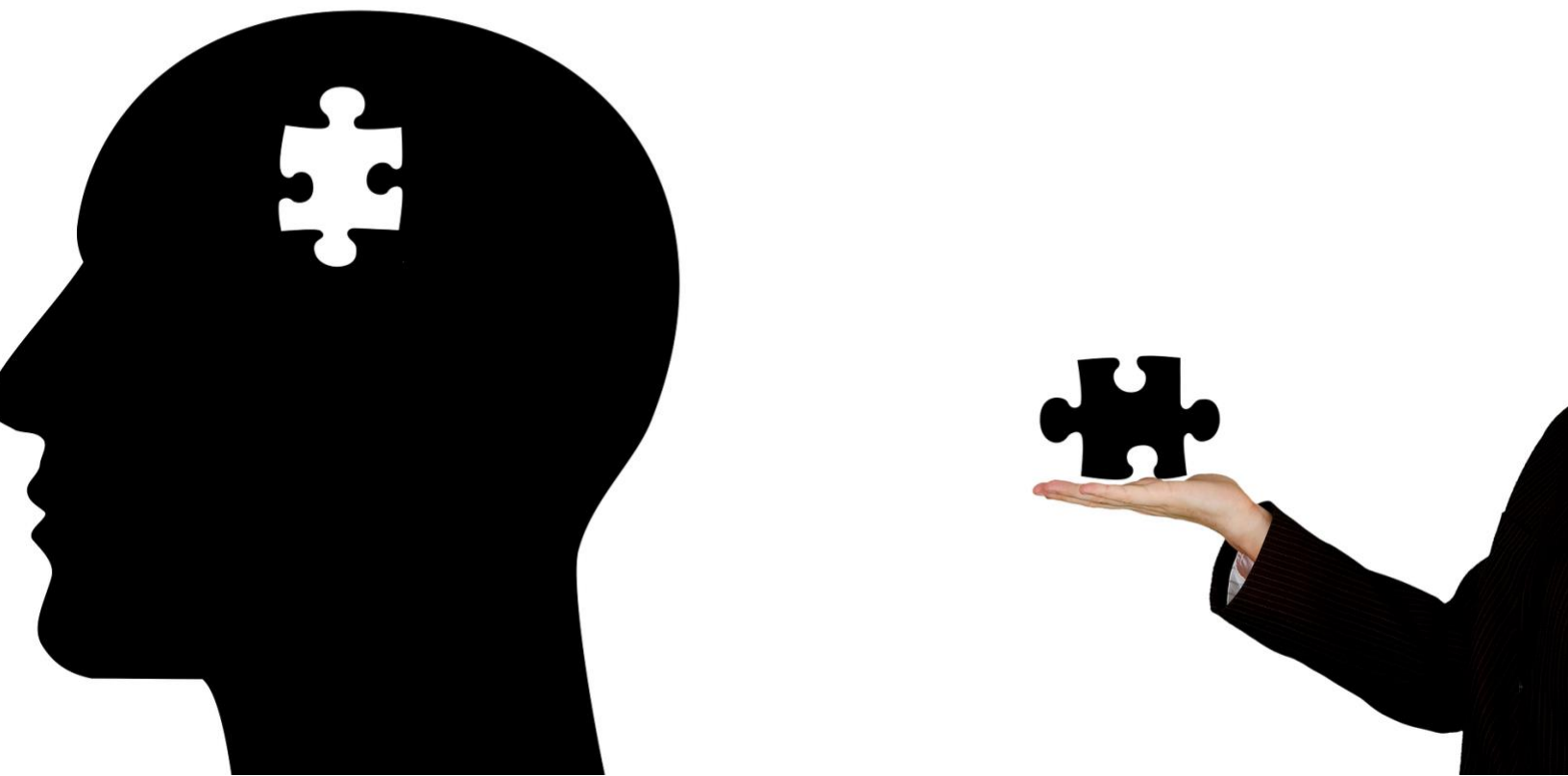


# Mental Health Disorders: Identification and Treatment























































































































Health care professionals should also be familiar with bipolar disorders. The two main types of bipolar disorder include bipolar I disorder and bipolar II disorder. Bipolar I disorder is characterized by the presence of manic episodes, which may lead to marked impairment and can include psychosis/psychotic features, while bipolar II disorder is characterized by the presence of hypomanic episodes that are typically not severe enough to cause marked impairment and do not include psychosis/psychotic features. Signs and symptoms of bipolar disorders include the following: inflated self-esteem, grandiosity, decreased need for sleep, pressured speech, racing thoughts or flight of ideas, distractibility, increased activity, excess pleasurable or risky activity as well as the potential for depressive signs and symptoms. When attempting to identify and/or assist in the diagnoses of bipolar disorders, health care professionals should note the aforementioned signs and symptoms as well as the appearance, behavior, word choices and body language of patients. Furthermore, health care professionals should note that individuals potentially suffering from a bipolar disorder often report or elude to periods of increased sexual activity and/or spending. Moreover, individuals suffering from bipolar disorder may present with additional issues and concerns such as substance abuse. Thus, health care professionals should be familiar with the signs and symptoms of substance abuse.

It is important for health care professionals to identify patients suffering from mental health disorders so they may receive treatment. Treatment for mental health disorders includes: psychotherapy, cognitive behavioral therapy, dialectical behavior therapy, interpersonal therapy, ECT, support groups and exercise as well as the use of medications. With that said, it is of the utmost importance for health care professionals to possess insight regarding mental health disorder identification and treatment. The effective identification of mental health disorders and treatment can provide patients suffering from mental health disorders the help they require to, ultimately, optimize outcomes and improve upon their quality of life.

## References

1. [www.cdc.gov](http://www.cdc.gov)
2. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition External Arlington, VA: American Psychiatric Publishing, 2013.
3. "Understanding Psychotherapy and How it Works," [www.apa.org](http://www.apa.org)
4. David et al. Why Cognitive Behavioral Therapy Is the Current Gold Standard of Psychotherapy. *Front Psychiatry*. 2018; 9: 4. Published online 2018 Jan 29. doi: 10.3389/fpsy.2018.00004.

5. Reddy et al. Empirical Reality of Dialectical Behavioral Therapy in Borderline Personality. Indian J Psychol Med. 2017 Mar-Apr; 39(2): 105–108. doi: 10.4103/IJPSYM.IJPSYM\_132\_17.
6. Cuijpers P et al. Interpersonal Psychotherapy for Mental Health Problems: A Comprehensive Meta-Analysis. Am J Psychiatry. 2016 Jul 1;173(7):680-7. doi: 10.1176/appi.ajp.2015.15091141. Epub 2016 Apr 1.
7. Singh et al. How Electroconvulsive Therapy Works?: Understanding the Neurobiological Mechanisms. Clin Psychopharmacol Neurosci. 2017 Aug; 15(3): 210–221. Published online 2017 Aug 31. doi: 10.9758/cpn.2017.15.3.210.
8. "Dietary Guidelines for Americans 2015 - 2020," <https://health.gov>
9. [www.fda.gov](http://www.fda.gov)





“The material contained herein was created by EdCompass, LLC (“EdCompass”) for the purpose of preparing users for course examinations on websites owned by EdCompass, and is intended for use only by users for those exams. The material is owned or licensed by EdCompass and is protected under the copyright laws of the United States and under applicable international treaties and conventions. Copyright 2019 EdCompass. All rights reserved. Any reproduction, retransmission, or republication of all or part of this material is expressly prohibited, unless specifically authorized by EdCompass in writing.”