

## **General Information about Bipolar Disorder for Clinicians**

*There is much information online about bipolar disorder. Here are a few reliable sources to learn more:*

### Harvard Health – Bipolar Disorder (Manic Depression) A-to-Z

- Offers a thorough medical context, covering multiple subtypes and evidence-based interventions.

### American Psychological Association Monitor on Psychology – Diagnosing and Treating Bipolar Spectrum Disorders

- Focuses on the bipolar spectrum, with practical insights into recognizing complex presentations.

### Government of Western Australia - Centre for Clinical Interventions - What Causes Bipolar?

- Reviews the stress-vulnerability model, including genetics, life stressors, and protective factors.

### CANMAT/ISBD Patient and Family Guidelines on the Management of Bipolar

- A clear yet comprehensive overview of the condition, symptoms, and treatment. Useful for both clinicians and those impacted by bipolar.

### Journal of the American Medical Association (JAMA) – What is Bipolar Disorder?

- A concise yet in-depth clinical journal article, covering diagnostic considerations and treatment guidelines.

*Developed as Part of the ISBD Evidence Based Psychological Intervention Resources For Clinicians Webpage found on ISBD.ORG*

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