

## 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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