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of wellbeing plans in managing Bipolar II Disorder; 14 Survival strategies for managing and prospering with Bipolar II Disorder; 15 A clinical model for managing Bipolar II Disorder; 16 Management commentary; 17 Management commentary; 18 Management commentary; 19 Management commentary; 20 Management commentary; 21 Management commentary; 22 Management commentary; 23 Management commentary; 24 Management commentary; 25 Management commentary; 26 Management commentary: What would Hippocrates do?; 27 Management commentary; 28 Rounding up and tying down; Appendix I Black Dog Institute Self-test for Bipolar Disorder: The Mood Swings Questionnaire; Index

Sommario/riassunto

Bipolar depression is now known to exist as a spectrum of disorders rather than a single disease entity. Bipolar II Disorder exists on this spectrum as a condition where the depressive episodes are as severe as in Bipolar I Disorder, but where the mood elevation states are not as extreme. This unexpected combination can lead to a failure to detect a condition thought to affect up to 6% of the population. This book reviews, for the first time, our knowledge of this debilitating disorder, covering its history, classification and neurobiology. In a unique section, fourteen internationally recognised experts debate management strategies, building to some consensus, and resulting in treatment guidelines where no such advice currently exists. It should be read by all health professionals managing mood disorders and will be informative to those wishing to learn more about the condition.
