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Nota di contenuto	Introduction to the second edition -- Bipolar disorder in historical perspective / Edward Shorter -- The bipolar spectrum / James Phelps -- Defining and measuring bipolar II disorder / Gordon Parker -- Bipolar II disorder in context : a review of epidemiology, disability and economic burden / George Hadjipavlou, David J. Bond and Lakshmi N. Yatham -- Comorbid conditions associated with bipolar II disorder / Gordon Parker -- Is bipolar II disorder increasing in prevalence? / Gordon Parker -- Personality styles associated with bipolar II disorder / Kathryn Fletcher -- Distinguishing bipolar II disorder from personality-based states of emotional dysregulation / Joel Paris -- The

neurobiology of bipolar II disorder / Emre Bora and Christos Pantellis -- The role of antidepressants in managing bipolar II disorder / Joseph Goldberg -- Current status of mood stabilisers in the management of bipolar II disorder / George Hadjipavlou, David J. Bond and Lakshmi Yatham -- The use of atypical antipsychotic drugs in bipolar II disorder / Eduard Vieta and Nuria Cruz -- The role of fish oil in managing bipolar II disorder / Anne-Marie Rees -- Psychological interventions for bipolar II disorder / Vijaya Manicavasagar and David Gilfillin -- The role of wellbeing plans in managing bipolar II disorder / Margo Orum -- The trajectory of illness experienced by those with bipolar II disorder / Tessa Cleradin -- Clinical models for managing bipolar II disorder : model one / Gordon Parker -- Clinical models for managing bipolar II disorder : model two / Terence Ketter and Po Wang -- Management commentary / Darryl Bassett -- Management commentary / Michael Berk -- Management commentary / Sophia Frangou -- Management commentary / Mark Frye -- Management commentary / S. Nassir Ghaemi -- Management commentary / Michael Gitlin and David Miklowitz -- Management commentary / Joseph Goldberg -- Management commentary / Guy Goodwin -- Management commentary / Andrew Nierenberg -- Management commentary / Robert Post -- Management commentary / Michael Thase -- Management commentary / Eduard Vieta -- Management commentary / Allan Young -- Rounding up and tying down / Gordon Parker.

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### Sommario/riassunto

The lifetime risk of developing bipolar II disorder is 5-7%, yet the condition is often poorly detected. Mood elevation states are less extreme than in bipolar I disorder although the depressive episodes are usually severe. When correctly treated, the outcome is positive, but bipolar II is often poorly managed, resulting in a high suicide rate. This is the only academic and clinical management review focusing entirely on bipolar II, scrutinizing history, epidemiology, burden and neurobiology and including an extensive clinical debate by international experts about effective management strategies. New chapters cover comorbidity, over-represented personality styles, illness 'trajectories' and distinguishing bipolar II from personality-based emotional dysregulation states. Evidence for different clinical management options is reviewed in detail, two clinical management models are presented and then debated. This book is essential reading for all health professionals managing mood disorders and informative to patients seeking information about their condition and treatment options.

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