Bipolar 2 Disorder

Bipolar 2 disorders are more commonly known as Bipolar II type of bipolar disorder. There are four known types of bipolar disorder. In Bipolar I, the severity of the mania and depressive moods is more severe than in Bipolar II with the moods varying between mania and depression over a period of time. Here the mania is generally restricted to hypomania or mild forms of mania.

To be classified as a Bipolar 2 disorder patient, he/she needs to have had a minimum of one hypomanic episode at any point of time. The patients also suffer from episodes of depression. From such episodes, earlier, all bipolar disorders were known as ‘manic depression’. Studies have also shown that between the two mood cycles, the afflicted patient also leads a normal life.

As bipolar disorder is a mental disorientation, the illness can affect people from all walks of life. It is not restricted to a single class. The symptoms are seen largely in the age group of 18 years to 25 years. In the U.S. alone, approximately 2.5% or about six million young adults are afflicted with Bipolar 2 disorder and other forms of mental illness throughout their lives. This condition only worsens with passage of time if professional help is not provided at the correct time. If there is a positive family history of Bipolar 2 disorder, other family members and relatives need to be very conscious as it might afflict them also.

In Bipolar II disorder, the hypomanic episode occurs as an elevated mood or a bout of irritation. Patients need to be aware of the symptoms of hypomania. A patient with Bipolar 2 disorder usually displays high levels of restlessness. During hypomania, he/she feels that he/she is at his productive best because he/she keeps getting these brilliant flashes of ideas and he/she continuously jumps from one idea to the next. He/She is unable to concentrate on any one task for more than a few seconds or minutes.

Besides that, his/her speech becomes what scientists call ‘pressurized’ speech. The person feels very energetic and is often seen pacing up and down or doing extraordinary physical activity which he/she would not do otherwise. This is also associated with lesser hours of sleep. The patient feels a lesser and lesser need for sleep and even if he/she does sleep, it is very fitful and disturbed.

Socially, the behavior during hypomanic episodes is very lively and he is generally the heart of a social gathering because his/her energy level causes a very high producing, elated or euphoric feeling within him/her. His/Her optimism and positive attitude infects all the people he meets in social gatherings.