



Year V, v.2 2025 | Submission: 11/30/2025 | Accepted: 12/02/2025 | Publication: 12/04/2025

Mania in Bipolar Affective Disorder

Mania in Bipolar Affective Disorder

Fernanda Manzano Orati - Medicina Unilago

Summary

Bipolar Affective Disorder is a chronic and recurrent psychiatric condition characterized by mood swings that alternate between depressive and manic episodes. The manic phase, in turn, represents one of the most disruptive aspects of the disease, as it significantly interferes with self-perception and perception of others, interpersonal relationships, and the individual's functionality. The objective of this study was to analyze the manifestation of mania in Bipolar Affective Disorder, considering its clinical characteristics and its impacts on different contexts of the individual's life. A literature review methodology was adopted, based on scientific articles, diagnostic manuals, and clinical studies published in the main databases in the field of mental health. It was concluded that the effective management of mania requires a combination of strategies, involving the use of mood-stabilizing psychotropic drugs, psychotherapeutic interventions, family support, and social reintegration actions.

Keywords: Bipolar Affective Disorder; Manic Episode; Mental Health.

Abstract

Bipolar Affective Disorder is a chronic and recurrent psychiatric condition characterized by mood swings that alternate between depressive and manic episodes. The manic phase, in turn, represents one of the most disruptive aspects of the disease, as it significantly interferes with self-perception and perception of others, interpersonal relationships, and the individual's functionality. The objective of this study was to analyze the manifestation of mania in Bipolar Affective Disorder, considering its clinical characteristics and its impacts on different contexts of the individual's life. It was concluded that the effective management of mania requires a combination of strategies, involving the use of mood-stabilizing psychotropic drugs, psychotherapeutic interventions, family support, and social reintegration actions.

Keywords: Bipolar Affective Disorder; Manic Episode; Mental health.

INTRODUCTION

Bipolar affective disorder is a chronic and recurring psychiatric condition that...

It is characterized by extreme mood swings, varying between episodes of depression and euphoria or intense irritability, known as manic episodes. Mania, as the central manifestation of Bipolar disorder significantly impairs an individual's functionality and can lead to... harm to interpersonal relationships, professional performance, physical and mental health, as well as increase the risk of impulsive and even suicidal behaviors.

Although bipolar depression is widely discussed in the literature and receives greater attention Clinically, manic episodes are often underestimated, despite their high potential for harm. and the complexity involved in its diagnosis and treatment. Therefore, it becomes essential To deepen the understanding of mania in the context of bipolar affective disorder, especially in which relates to its characteristic symptoms, clinical implications, and therapeutic strategies.

This article is justified by the need to increase the visibility and understanding of the phase. manic bipolar disorder, promoting a more balanced approach between the poles of



Year V, v.2 2025 | Submission: 11/30/2025 | Accepted: 12/02/2025 | Publication: 12/04/2025

disease. The scarcity of studies focused exclusively on mania reinforces the importance of an analysis. A critical and in-depth analysis of its clinical, social, and therapeutic aspects.

The overall goal of this research is to analyze the manifestation of mania in affective disorder. bipolar disorder, considering its characteristics, impacts, and available therapeutic approaches.

METHOD

The study used a literature review methodology, based on scientific sources. published in recent years in recognized databases such as SciELO, LILACS, PubMed and Google Scholar. The choice of this approach aims to gather, analyze, and synthesize existing knowledge. produced on the subject, contributing to the advancement of academic and clinical understanding of the Mania in bipolar affective disorder.

RESULTS

Mania, as a central manifestation of Bipolar Affective Disorder (BAD), represents a a state of significant mood alteration, characterized by an abnormal, persistent elevation and Often unpredictable mood swings. This episode can manifest itself in various ways. expansive, euphoric, or, in many cases, extremely irritable, which can cause severe harm. to the life of the individual (CONDE; FAGUNDES; MENDES-GOMES, 2022).

Along with this elevation in mood, a marked increase in the levels of energy, psychomotor agitation, accelerated thinking, impulsivity, and behavior that, In general, it deviates from the person's usual patterns. These behaviors directly affect the The individual's social, professional, and family functioning can be negatively affected, potentially resulting in serious consequences. and long-lasting. In many cases, the manic phase is the first visible clinical sign of the disorder. becoming a key point of attention for proper diagnosis and treatment.

DISCUSSION

According to the criteria established by the Diagnostic and Statistical Manual of In Mental Disorders (DSM-5), a manic episode is defined as a distinct period of... minus seven consecutive days in which there is an abnormally and persistently elevated, expansive mood or irritable, present most of the time and accompanied by an abnormal and persistent increase of activity or energy directed towards goals (APA, 2014).

During this period, the individual must present at least three additional symptoms – or four, If the predominant mood is simply irritability, these symptoms include inflated self-esteem or grandiosity, decreased need for sleep (such as sleeping only three hours and still feeling rested), unusual talkativeness or pressure to keep talking, flight of ideas or feeling



Year V, v.2 2025 | Submission: 11/30/2025 | Accepted: 12/02/2025 | Publication: 12/04/2025

subjective feeling that thoughts are racing, easy distraction by irrelevant stimuli, increased of goal-oriented activity (social, professional, academic or sexual), and involvement excessive spending on pleasurable, albeit potentially dangerous, activities such as compulsive shopping, Gambling, reckless driving, substance use, or risky sexual behavior.

CONCLUSION

It is concluded that mania in Bipolar Affective Disorder represents a psychiatric condition of great impact on the life of the individual and those around him, requiring qualified attention and continuous. Symptomatic manifestations – such as disproportionate euphoria, impulsivity, the Accelerated thinking, hyperactivity, and loss of critical thinking—not only compromise the The autonomy of the individual is compromised, as well as their routine, their affective relationships, and their integration. social and professional.

REFERENCES

AFONSO, Beatriz Domingues; PUCCI, Sílvia Helena Modenesi. Crises in bipolar disorder x cognitive-behavioral therapy: identification and treatment. *International Journal of Developmental and Educational Psychology: INFAD Revista de Psicología*, n. 2, p. 39–50, Nov. 2024.

Available at: <https://doi.org/10.17060/ijodaep.2024.n2.v1.2742>. Accessed on: June 30, 2025.

ALVES, Brenda Dandhara Lopes Carrilho et al. Psychotherapeutic interventions in bipolar disorder.

Health Sciences, 2024. <https://doi.org/10.5281/zenodo.10981767>. Accessed on: June 30, 2025. Available in:

AMERICAN PSYCHIATRIC ASSOCIATION. *Diagnostic and Statistical Manual of Mental Disorders: DSM-5 [electronic resource]*. 5th ed. Translation: Maria Inês Corrêa Nascimento et al. Technical review: Aristides Volpato Cordioli et al. Porto Alegre: Artmed, 2014. Available at: <https://membros.analysispsicologia.com.br/wp-content/uploads/2024/06/DSM-V.pdf>. Accessed on: June 30, 2025.

BARION, Giulia Bruscatim; JESUS, Geycilane Siqueira de. Bipolar affective disorder – a literature review. *Contribuciones a las Ciencias Sociales*, São José dos Pinhais, v. 17, n. 12, p. 01–19, 2024.

Available at: <https://doi.org/10.55905/revconv.17n.12-100>. Accessed on: June 30, 2025.

CASSINELLI, Tamiris et al. Touched by fire: bipolar disorder from a cognitive-behavioral analysis perspective. *Brazilian Journal of Psychotherapy*, Porto Alegre, v. 24, n. 1, p. 17–30, 2022.

Available at: <https://doi.org/10.5935/2318-0404.20220002>. Accessed on: June 30, 2025.

CONDE ML, AGUIAR L, LINDES J. Therapeutic approaches to the manic episode in bipolar disorder. *Brazilian Journal of Health Review*, [S. l.], v. 5, n. 4, p. 13994–14008, 2022.

CORYELL, W. *Bipolar disorder (Manic-depressive disorder)*. University of Iowa Carver - College of Medicine, 2021.

FIGUEIRA, André Marinho de Andrade et al. Bipolar affective disorder: a comprehensive review. *Brazilian Journal of Health Review*, Curitiba, v. 7, n. 5, p. 01–10, Sept./Oct. 2024. Available at:



Year V, v.2 2025 | Submission: 11/30/2025 | Accepted: 12/02/2025 | Publication: 12/04/2025

<https://doi.org/10.34119/bjhrv7n5-389>. Accessed on: June 30, 2025.

FIGUEIREDO, Bárbara Queiroz de et al. Bipolar disorder: etiological, clinical and therapeutic challenges. Research, Society and Development, v. 11, n. 14, e120111436224, 2022. Available at: <http://dx.doi.org/10.33448/rsd-v11i14.36224>. Accessed on: June 30, 2025.

JAIN, Ankit; MITRA, Paroma. Bipolar disorder. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing, 2023. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK558998/>. Accessed on: June 30, 2025.

MELO, Fellipe Oliveira et al. Manic episode in a patient with bipolar disorder after use of maca root: case report. Debates in Psychiatry, v. 13, p. 1-11, 2023.

SANTOS, Camila Consolin dos; GOMES, Morjana; BARRETO, Raquel Tebaldi. Bipolar affective disorder: characteristics, causes and treatments. Literature review. 2022. Undergraduate Thesis (Nursing) – Centro Universitário Amparense, Amparo, SP. Available at: <https://portal.unisepe.com.br/unifia/wp-content/uploads/sites/10001/2023/04/Tcc-CAMILA-CONSOLIN.pdf>. Accessed on: June 30, 2025.

SILVA, Uanderson Pereira da et al. Collaboration of cognitive-behavioral therapy in the treatment of bipolar affective disorder. Cognitionis Scientific Journal, v. 7, n. 2, e423, 2024. Available at: <https://doi.org/10.38087/2595.8801.423>. Accessed on: June 30, 2025.

SOARES, Sâmara de Castro. Bipolar affective disorder: the importance of effective diagnosis in bipolar patients. 2021. Undergraduate Thesis.

(Bachelor's Degree in Psychology) – Pitágoras College, [sl], 2021. Advisor: Leonardo Paiva.

Available at

in:

https://repositorio.pgsscogna.com.br/bitstream/123456789/38317/1/S%C3%82MARA_DE_CASTRO_SOARES.pdf. Accessed on: June 30, 2025.