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## **Mania in Bipolar Affective Disorder**

*Mania in Bipolar Affective Disorder*

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### **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



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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



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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.

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