

# The Effect of a National Pandemic on the Patient with Bipolar Disorder

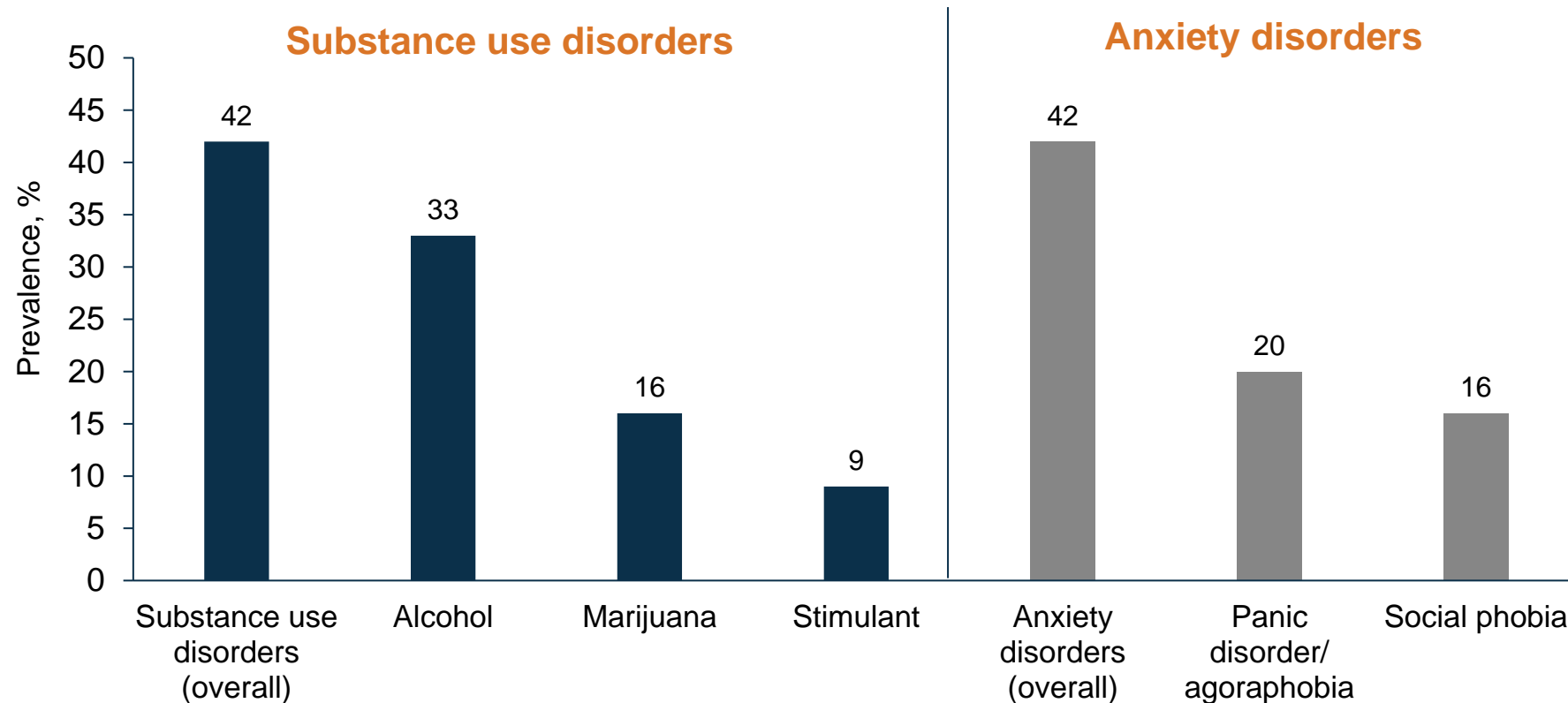
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# Bipolar Disorder: Comorbidities



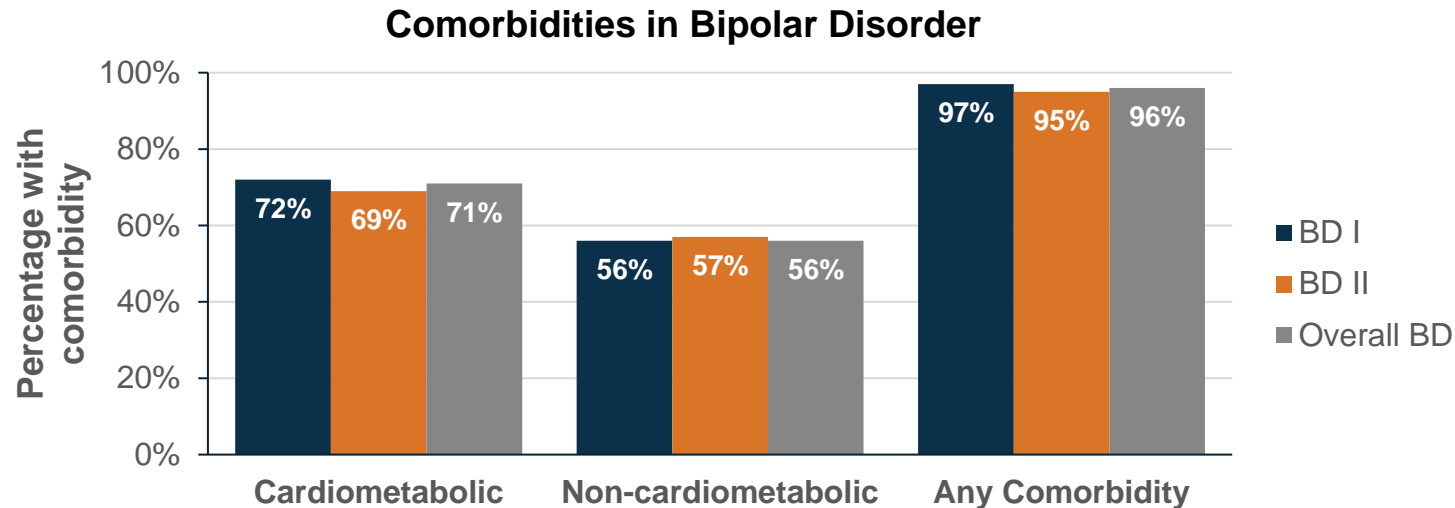
Lifetime comorbid axis I disorders among patients with bipolar I or II diagnosis (N=288)



1. McElroy et al. *Am J Psychiatry*. 2001;158:420-426.

# Bipolar Disorder and Comorbid Medical Conditions

More than 50% of those with bipolar disorder have at least one comorbid condition, with higher rates of comorbidities among the BD I cohort



- Predictors of cardiometabolic comorbidities included later age of onset, increased number of depressive symptoms, and fewer manic symptoms at baseline
- Predictors of non-cardiometabolic comorbidities included female gender, larger amount of time spent depressed, younger age of onset, longer duration of illness
- Predictors of substance abuse included race, lower household income, older age, lower educational level, experiencing comorbid anxiety disorder, worse depression and increased illness severity

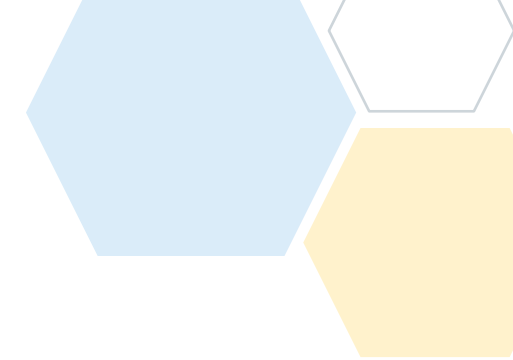
BD, bipolar disorder.

Shelton S et al. *Bipolar Disorders*. 2015; 17:212-223.

# COVID-19 Mental Health Resources

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- **National Alliance on Mental Illness (NAMI)**
  - [NAMI COVID-19 Resource and Information Guide](#)
- **Depression and Bipolar Support Alliance (DBSA)**
  - [Depression and Bipolar Support Alliance Online Support Groups](#)
- **Mental Health America (MHA)**
  - [Mental Health and COVID-19 – Information and Resources](#)
  - [MHA's Inspire Community](#)
- **Center for Disease Control (CDC)**
  - [Stress and Coping](#)
- **World Health Organization (WHO)**
  - [Coronavirus- Mental Health Considerations](#)



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