Annotation Bibliography on Bipolar Disorder

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Gabriel, F. C., Oliveira, M., Martella, B. D. M., Berk, M., Brietzke, E., Jacka, F. N., & Lafer, B. (2023). Nutrition and bipolar disorder: A systematic review. *Nutritional Neuroscience, 26*(7), 637–651.

In a systematic review of existing literature, Gabriel et al. (2023) explore the links between nutrition and BD. Topics covered include dietary patterns, nutrient deficiencies and nutritional supplements which can affect mood symptoms, physical health and treatment outcome. Bipolar individuals may be more susceptible to metabolic issues, obesity, and poor diet quality, making it more difficult to treat their condition, the authors explain. The review also considers other nutrients that may support mood, such as omega-3 fatty acids, folate, and dietary supplements. The source is valid since it is a recent systematic review published in a peer-reviewed neuroscience journal. Appropriate for an expository research paper as it brings the conversation on bipolar disorder beyond medication. It can be adapted to give an explanation of lifestyle and nutrition as an aid to clinical care. The source is particularly practical for addressing holistic management, preventing physical health issues and physical impact on diet and mental health.

Guglielmo, R., Miskowiak, K. W., & Hasler, G. (2021). Evaluating endophenotypes for bipolar disorder. *International Journal of Bipolar Disorders, 9*(1), 17.

Guglielmo et al. (2021) look at potential endophenotypes for BD. Endophenotypes are observable characteristics that can link genetic liability to observable symptoms. The article details some of the cognitive, emotional, neurobiological, and clinical signs that can be seen in individuals with BPD, as well as, in some cases, their unaffected family members. These markers could contribute to a better understanding of how complicated bipolar disorder is to one person compared to another, the authors write. The source is reliable and credible because it is scholarly and published in a peer-reviewed journal dedicated to bipolar

disorders. Useful in the creation of an expository paper since it clarifies the level of complexity of the disorder. It also helps to promote the notion that bipolar disorder is a mental disorder involving more than just mood symptoms, but also underlying cognitive and biological processes. The article may be used in the causes, diagnosis and future research section. It is particularly useful for elucidating the rationale for developing more sensitive biomarkers to aid early detection and therapeutic planning.

Lane, N. M., & Smith, D. J. (2023). Bipolar disorder: Diagnosis, treatment and future directions. *Journal of the Royal College of Physicians of Edinburgh, 53*(3), 192–196.

Lane and Smith (2023) give a good overview of the situation with bipolar disorder, from the point of diagnosis, treatment, prognosis, and further avenues to explore. The article describes how people have bipolar disorder due to the presence of episodes of depression alternating with manic or hypomanic phases. It also points out that the condition is frequently misdiagnosed or underdiagnosed particularly when depression is the initial manifestation of illness. The authors talk about treatment options including mood stabilizers, antipsychotics, psychological help and long-term monitoring. Furthermore, they draw attention to the other ways that bipolar disorder takes effect, such as in terms of significant life disruption, health problems, and suicide risk. The source is credible because it is from a professional medical journal aimed at clinicians. It is helpful in an expository paper because it provides a general background on the disorder, which helps explain it to a general academic audience. The article may be used in the introduction, diagnosis and treatment section of the paper.

Marzani, G., & Neff, A. P. (2021). Bipolar disorders: Evaluation and treatment. *American Family Physician, 103*(4), 227–239.

Marzani and Neff (2021) describe the assessment and management of bipolar disorders in primary care and clinical practice. The article outlines the primary types of bipolar disorder, such as bipolar I, bipolar II, and cyclothymic disorders. It also details the

methods used to diagnose manic, hypomanic and depressive episodes among clinicians. The authors emphasize the role of accurate diagnosis in these patients, as bipolar depression can be confused with major depression. Balanced use of antidepressants is important in treatment to avoid problems. Treatment options, such as lithium, valproate, and antipsychotic drugs, are discussed, along with maintenance of patient safety. American Family Physician is widely respected for its evidence-based clinical advice; this is a credible source. Appropriate for an expository paper as it involves diagnosis and treatment in a practical, informative manner. The article can include sections on clinical evaluation, medication management, differential diagnosis, and the functions of primary care in recognizing BD.

McIntyre, R. S., Alda, M., Baldessarini, R. J., Bauer, M., Berk, M., Correll, C. U., et al. (2022). The clinical characterization of the adult patient with bipolar disorder aimed at personalization of management. *World Psychiatry, 21*(3), 364–387.

McIntyre et al. (2022) discuss the need to individualize the management of BD in the adult population. The article outlines the fact that bipolar disorder is a very different disorder. Patients can vary in their symptom patterns, episode rates, treatment response, functioning, cognition, risk for committing suicide, and physical health. The authors suggest that clinicians should not be content with making a clinical diagnosis alone and should thoroughly describe their patient's clinical profile. It takes into account comorbid anxiety, drug and alcohol use, sleep issues, trauma history, metabolic health and social functioning. It is a highly credible source as it is published in a leading peer-reviewed journal in mental health, World Psychiatry. It can be really beneficial for the expository paper, as it will demonstrate why bipolar disorder needs to be treated on an individual basis. The article could also include more information about long-term management and a patient-centred approach. The source strengthens an argument for comprehensive and personalized care.

Nierenberg, A. A., Agustini, B., Köhler-Forsberg, O., Cusin, C., Katz, D., Sylvia, L. G., et al. (2023). Diagnosis and treatment of bipolar disorder: A review. *JAMA, 330*(14), 1370–1380.

Nierenberg et al. (2023) discuss the diagnosis and treatment of bipolar disorder in detail. Bipolar disorder is characterized by mood episodes that have manic or hypomanic elements and are frequently accompanied by major depression. It explains the distinction between bipolar disorder type I and II, and examines the problem of providing a proper diagnosis. Based on the evidence, the authors provide a summary of treatments, such as long-term relapse prevention, antipsychotic medication, psychotherapy, anticonvulsant medication, and lithium. The review demonstrates that bipolar disorder is associated with work and interpersonal functioning, medical illnesses, and a risk of suicide. This is highly credible, as it comes from one of the most trusted medical journals (JAMA). It is one of the best sources in an expository paper as it provides a contemporary and balanced summary of the disorder. The article is particularly helpful in the discussion of BD and helps discuss the careful clinical management necessary for bipolar disorder.

O'Connell, K. S., & Coombes, B. J. (2021). Genetic contributions to bipolar disorder: Current status and future directions. *Psychological Medicine, 51*(13), 2156–2167.

O'Connell and Coombes (2021) review current knowledge about the genetic contributions to bipolar disorder. The article states that bipolar disorder is inherited and that no single gene causes bipolar disorder. Rather, numerous single genetic variations are detected, each with only a tiny effect that can raise risk. The authors also discuss the potential of analyzing different genes to identify biological pathways associated with the regulation of mood, brain function, and susceptibility to illness. The source is reliable because it originates from the journal Psychological Medicine, which is a well-regarded, peer-reviewed journal in psychiatry and psychology. It can be used in an expository paper to clearly and precisely

describe the biological risks involved in bipolar disorder. The source can be used for a section on etiology, family risk and ongoing research. The article underscores the importance of genes, but also suggests that environmental influences and life experiences have an important role in the development and trajectory of BD.

O'Connell, K. S., Koromina, M., Van Der Veen, T., Boltz, T., David, F. S., Yang, J. M. K., et al. (2025). Genomics yields biological and phenotypic insights into bipolar disorder. *Nature*, *639*(8056), 968–975.

O'Connor et al. (2025) review recent genome-wide studies that provide novel biological and clinical clues to help understand BD. The research analysed a large number of genes to gain insight into the disorder's underlying biology and variations among individuals. The authors demonstrate the significance of genetic findings for understanding heterogeneity for the attributes of BD, the risk patterns, and other traits. This source is very credible since it is published in "Nature," one of the world's most respected scientific journals. It is also up to date and useful for discussing how research on bipolar disorder should be advanced in the future. This article can be included in an expository paper to help explain how genomics can better understand causes, subtypes, and possible treatment pathways. It gives the sense that bipolar disorder is being studied more accurately from a biological standpoint and it will better diagnose and treat the disorder on a more individual basis.

Poletti, S., Mazza, M. G., & Benedetti, F. (2024). Inflammatory mediators in major depression and bipolar disorder. *Translational Psychiatry*, *14*(1), 247.

Poletti et al. (2024) discuss the involvement of inflammatory mediators in MD and BD. The article explains that there are some inflammation-associated changes, such as increased inflammatory markers and altered cytokine activity, in mood disorders. The authors explore the potential effects of inflammation on mood disorder symptoms, brain function, energy-related issues, and treatment outcomes. They also convey that there is no uniformity

of findings in this field due to changes in diagnosis, stage of illness, drug intake, physical condition and so on. This is a reliable source because it comes from a peer-reviewed journal, Translational Psychiatry, which deals with biological and clinical psychiatry. It can be helpful in an expository paper as it is another biological explanation for bipolar disorder. The article could include a section on inflammation, immune function and emerging biomarkers in the article. The source indicates that bipolar disorder can be a complicated interaction of the brain, body, immune system and environment.

Rantala, M. J., Luoto, S., Borráz-León, J. I., & Krams, I. (2021). Bipolar disorder: An evolutionary psychoneuroimmunological approach. *Neuroscience & Biobehavioral Reviews, 122*, 28–37.

Rantala et al. (2021) present a scenario of BD from an evolutionary psychoneuroimmunological perspective. The article is about the links between bipolar symptoms and inflammation, stress response, immunity, and possible evolutionary explanations for mood variation. The authors suggest that an approach to understanding BD could focus on an interaction between biological systems and environmental stresses or loads. This source is reliable; it is published in Neuroscience & Biobehavioral Reviews, a reputable peer-reviewed journal that publishes important review papers on neuroscience and behavior. Tutoring in an expository paper can be helpful as it provides a more general theory of bipolar disorder. Care must be taken when using this source as an explanation of evolution, as it can be more interpretive than direct clinical guidance. It is important because it fosters a more comprehensive perspective of BD as a condition influenced by a variety of factors, not just one: biology, psychology, stress, immunity and environment.