

Practice Guideline

for the

Treatment of Patients With Bipolar Disorder

(Revision)



American Psychiatric Association

Originally published in April 2002.

A guideline watch, summarizing significant developments in the scientific literature since publication of this guideline, may be available in the Psychiatric Practice section of the APA web site at www.psych.org.

Copyright © 2002 American Psychiatric Association

ALL RIGHTS RESERVED

American Psychiatric Association
1000 Wilson Boulevard
Arlington, VA 22209-3901
www.psych.org

Practice Guideline for the Treatment of Patients With Bipolar Disorder (Revision)

Work Group on Bipolar Disorder

Robert M.A. Hirschfeld, M.D., Chair

Charles L. Bowden, M.D.

Michael J. Gitlin, M.D.

Paul E. Keck, M.D.

Roy H. Perlis, M.D., Consultant

Trisha Suppes, M.D., Ph.D.

Michael E. Thase, M.D.

Karen D. Wagner, M.D., Ph.D.

Steering Committee on Practice Guidelines

John S. McIntyre, M.D., Chair

Sara C. Charles, M.D., Vice-Chair

Kenneth Altshuler, M.D.

Ian Cook, M.D.

C. Deborah Cross, M.D.

Barry J. Landau, M.D.

Louis Alan Moench, M.D.

Stuart W. Twemlow, M.D.

Sherwyn Woods, M.D., Ph.D.

Joel Yager, M.D.

Consultants and Liaisons

Paula Clayton, M.D. (Consultant)

Marcia Goin, M.D., Ph.D. (Liaison)

Marion Goldstein, M.D. (Liaison)

Sheila Hafter Gray, M.D. (Consultant)

Andrew J. Kolodny, M.D. (Liaison)

Margaret T. Lin, M.D. (Liaison)

Grayson Norquist, M.D. (Consultant)

Susan Stabinsky, M.D. (Consultant)

Robert Johnston, M.D. (Area I)

James Nininger, M.D. (Area II)

Roger Peele, M.D. (Area III)

Daniel Anzia, M.D. (Area IV)

R. Scott Benson, M.D. (Area V)

Lawrence Lurie, M.D. (Area VI)

R. Dale Walker, M.D. (Area VII)

Staff

Rebecca M. Thaler, M.P.H., C.H.E.S., Senior Project Manager

Robert Kunkle, M.A., Project Manager

Althea Simpson, Project Coordinator

Laura J. Fochtmann, M.D., Medical Editor

Claudia Hart, Director, Department of Quality Improvement and Psychiatric Services

Lloyd I. Sederer, M.D., Director, Division of Clinical Services

Developed under the auspices of the Steering Committee on Practice Guidelines. Successive drafts reviewed by APA components and members, as well as other interested individuals and organizations (see p. 38) and two members of the editorial board of *The American Journal of Psychiatry*. Approved by the APA Board of Trustees in December 2001 and published in April 2002.

Received by *The American Journal of Psychiatry* Dec. 10, 2001; accepted Jan. 16, 2002.

Copyright © 2002 American Psychiatric Association.

For Continuing Medical Education credit for APA Practice Guidelines,
visit **www.psych.org/cme**

To order the 2004 Compendium of Quick Reference Guides to the
APA Practice Guidelines,
visit **www.appi.org** or call **800-368-5777**.

The American Board of Psychiatry and Neurology (ABPN)
has reviewed the APA Practice Guidelines CME Program
and has approved this product as part of a comprehensive
lifelong learning program, which is mandated by the
American Board of Medical Specialties as a necessary
component of maintenance of certification.

ABPN approval is time limited to 3 years for each
individual Practice Guideline CME course.
Refer to APA's CME web site for ABPN approval status of each course.

Table of Contents

Statement of Intent.....	iv
Guide to Using This Practice Guideline	1
Introduction.....	2
Overview of the Guideline Development Process.....	3
PART A: Treatment Recommendations for Patients With Bipolar Disorder	4
I. Executive Summary of Recommendations	4
A. Psychiatric Management	4
B. Acute Treatment.....	4
C. Maintenance Treatment	5
II. Formulation and Implementation of a Treatment Plan	5
A. Psychiatric Management	6
B. Acute Treatment.....	9
C. Maintenance Treatment	10
III. Special Clinical Features Influencing the Treatment Plan	11
A. Psychiatric Features.....	11
B. Demographic and Psychosocial Factors.....	12
C. Concurrent General Medical Conditions.....	15
PART B: Background Information and Review of Available Evidence	16
IV. Disease Definition, Natural History and Course, and Epidemiology	16
A. Definition of Bipolar Disorder.....	16
B. Natural History and Course	16
C. Epidemiology	17
V. Review and Synthesis of Available Evidence.....	18
A. Somatic Treatments of Acute Manic and Mixed Episodes.....	18
B. Somatic Treatments of Acute Depressive Episodes	26
C. Rapid Cycling.....	29
D. Maintenance Treatment.....	30
E. Psychosocial Interventions.....	32
F. Somatic Therapies for Children and Adolescents.....	35
PART C: Future Research Needs	36
VI. General Principles.....	36
VII. Acute Treatment.....	36
A. Manic and Mixed Episodes	36
B. Depressive Episodes	37
C. Rapid Cycling.....	37
VIII. Maintenance Treatment	37
IX. Psychosocial Interventions	37
Appendix I: Educational Sources for Depression and Bipolar Disorder	37
Individuals and Organizations That Submitted Comments.....	38
References.....	39

Explore Litigation Insights

Docket Alarm provides insights to develop a more informed litigation strategy and the peace of mind of knowing you're on top of things.

Real-Time Litigation Alerts



Keep your litigation team up-to-date with **real-time alerts** and advanced team management tools built for the enterprise, all while greatly reducing PACER spend.

Our comprehensive service means we can handle Federal, State, and Administrative courts across the country.

Advanced Docket Research



With over 230 million records, Docket Alarm's cloud-native docket research platform finds what other services can't. Coverage includes Federal, State, plus PTAB, TTAB, ITC and NLRB decisions, all in one place.

Identify arguments that have been successful in the past with full text, pinpoint searching. Link to case law cited within any court document via Fastcase.

Analytics At Your Fingertips



Learn what happened the last time a particular judge, opposing counsel or company faced cases similar to yours.

Advanced out-of-the-box PTAB and TTAB analytics are always at your fingertips.

API

Docket Alarm offers a powerful API (application programming interface) to developers that want to integrate case filings into their apps.

LAW FIRMS

Build custom dashboards for your attorneys and clients with live data direct from the court.

Automate many repetitive legal tasks like conflict checks, document management, and marketing.

FINANCIAL INSTITUTIONS

Litigation and bankruptcy checks for companies and debtors.

E-DISCOVERY AND LEGAL VENDORS

Sync your system to PACER to automate legal marketing.