

Name: _____

Vicious Cycle

Directions: Read “Moody Blues” (page 8). Answer the questions in Part 1 by circling *T* for true or *F* for false. In Part 2, write your answer on the lines provided.

Part 1

- | | | |
|---|---|---|
| 1. Teens and people in their early 20s are the group most likely to be diagnosed with bipolar disorder. | T | F |
| 2. Overreacting to minor annoyances is a symptom of the depressive phase. | T | F |
| 3. People with bipolar disorder never need medication to get better. | T | F |
| 4. Extreme giddiness and an overwhelming sense of invulnerability mark the manic phase. | T | F |
| 5. Alexandra can tell when a manic phase is beginning because her thoughts race. | T | F |
| 6. Genes are the only factor that determine whether someone will develop bipolar disorder. | T | F |
| 7. If someone is sad for three days but then feels better, he or she definitely has bipolar disorder. | T | F |
| 8. Sleeping well, exercising, developing routines, and recognizing patterns and triggers have helped Charlie and Alexandra control the condition. | T | F |

Part 2: Do you think the manic phase of bipolar disorder makes the condition more challenging condition to live with than major depression would be? Why or why not?
