

## A Short Note on Anxiety Types Linked with Bipolar Disorder

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### INTRODUCTION

Many people who suffer from bipolar disorder still suffer from anxiety. The top six are listed below. There's a possibility you have bipolar disorder (BD) and another coexisting illness, known as a comorbid condition or comorbidity. In reality, you'd have a six-fold increased risk of developing an anxiety disorder over the course of your lifetime. According to a new meta-analysis of study, 42 percent of people with bipolar disorder often suffer from anxiety disorders.

#### Panic Disorder

Panic disorder is characterized by sudden and frequent episodes of extreme anxiety, and it affects around one out of every five people with bipolar disorder (BD), with depressed and mixed states of bipolar being the most common. Chest pain, heart palpitations, shortness of breath, dizziness, and stomach aches are some of the physical signs, and bipolar disorder can make panic attacks more likely.

#### Generalized Anxiety Disorder (GAD)

GAD is the most common comorbid anxiety disorder in BD, after panic disorder. For at least six months, people with GAD experience a persistent state of excessive worry about daily things—personal health, jobs, and social interactions. Irritability, muscle pain, trouble focusing, sleep disturbances, being easily fatigued, and feeling anxious or on edge are some of the most common symptoms.

#### Social Anxiety Disorder (SAD)

In social settings, people with SAD, also known as social phobia, feel overwhelming and serious self-consciousness. SAD signs include a racing heart, nausea, panic or the sensation that their mind is “going blank,” and a fear of being judged while they are in front of others. People with comorbid SAD and BD have higher rates of atypical depression (when something positive happens, their mood improves), as well as traits of other anxiety disorder comorbidities like PTSD and OCD, according to some reports.

#### Post-Traumatic Stress Disorder (PTSD)

After witnessing a terrifying incident, typically involving the occurrence or possibility of severe physical damage, PTSD may develop. Hypervigilance, aggression, distrust of others, social isolation, flashbacks, insomnia, and nightmares are some of the symptoms. Since both manic and depressive episodes can be viewed as traumatic events (not to mention, having such episodes can also increase the likelihood of traumatic events), the correlation between PTSD and BD is special.

#### Specific Phobia

A particular phobia affects more than one out of every ten people with BD, and it is more common in women than in men. Phobias are a form of anxiety disorder characterized by a strong fear or aversion to something that is physically or mentally incapacitating. Phobias often begin in childhood, and some research indicates that familial factors can play a role in cases of BD comorbidity.

#### Obsessive-Compulsive Disorder (OCD)

There's a lot of discussion about whether OCD is a real comorbidity of BD or whether it's just a side effect. In either case, the conditions that are related frequently begin in childhood or adolescence. Obsessive-compulsive disorder (OCD) is characterized by recurrent, intrusive thoughts and the use of habits such as hand washing, counting, or cleaning to distract from the thoughts. These symptoms normally appear during depressive episodes and disappear during manic/hypomanic episodes when OCD and BD coexist.

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