



## Diagnosis and Management of Bipolar Disorder

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### Message from the Guest Editor

Dear Colleagues,

Bipolar disorder is a severe psychiatric disorder characterized by recurring mood episodes of depression, alternating with episodes of euphoria (called manic/hypomanic episodes) with a prevalence in the general population of 2%. While we have made advancements in understanding the biological and environmental factors contributing to bipolar disorder, its diagnosis primarily relies on clinical assessment. Additionally, while there are established pharmacological treatment guidelines, many individuals, especially those with concurrent medical or psychiatric conditions, continue to experience frequent mood swings or persistent symptoms despite being on medication. A combined approach involving systematic clinical syndrome subtyping and the examination of multiple biomarkers, such as genetics and digital markers, could better define the unique characteristics of individuals with bipolar disorder and potentially predict the course of their illness.

In this Special Issue, we extend an invitation to researchers to submit their scientific and clinical contributions focusing on various aspects of bipolar disorder diagnosis and management.





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