

Bipolar Disorder Multiple-Choice Quiz with Answers

1. What is bipolar disorder primarily characterized by?

- A. Only depressive episodes
- B. Mood swings between emotional highs and lows
- C. Memory loss and confusion
- D. Chronic anxiety only

Answer: B. Mood swings between emotional highs and lows

Explanation: Bipolar disorder involves episodes of mania or hypomania and depression, causing major mood changes.

2. What is a manic episode?

- A. A period of mild sadness
- B. A period of extremely elevated mood and energy
- C. A period of physical weakness
- D. A sleep disorder

Answer: B. A period of extremely elevated mood and energy

Explanation: Mania includes unusually high energy, impulsive behavior, reduced need for sleep, and elevated mood.

3. Which type of bipolar disorder includes full manic episodes?

- A. Cyclothymic disorder
- B. Bipolar II disorder
- C. Bipolar I disorder
- D. Persistent depressive disorder

Answer: C. Bipolar I disorder

Explanation: Bipolar I disorder is defined by at least one full manic episode.

4. Bipolar II disorder involves:

- A. Mania only
- B. Hypomania and major depression
- C. Psychosis only
- D. Anxiety attacks

Answer: B. Hypomania and major depression

Explanation: Bipolar II disorder includes hypomanic episodes and major depressive episodes, but not full mania.

5. Hypomania is:

- A. More severe than mania
- B. A mild form of mania
- C. A type of psychosis
- D. A sleep disorder

Answer: B. A mild form of mania

Explanation: Hypomania causes elevated mood and energy but is less severe and less impairing than mania.

6. Which symptom is common during mania?

- A. Excessive sleeping
- B. Increased energy
- C. Slowed thinking
- D. Loss of appetite only

Answer: B. Increased energy

Explanation: People experiencing mania often feel unusually energetic and active.

7. A depressive episode in bipolar disorder may include:

- A. Elevated confidence
- B. Racing thoughts

- C. Feelings of hopelessness
- D. Increased impulsivity only

Answer: C. Feelings of hopelessness

Explanation: Depression often causes sadness, hopelessness, fatigue, and loss of interest.

8. Which neurotransmitter is commonly linked to mood regulation?

- A. Hemoglobin
- B. Dopamine
- C. Insulin
- D. Calcium

Answer: B. Dopamine

Explanation: Dopamine plays a major role in mood, motivation, and reward systems.

9. Bipolar disorder is considered a:

- A. Personality disorder
- B. Mood disorder
- C. Learning disability
- D. Sleep disorder

Answer: B. Mood disorder

Explanation: Bipolar disorder belongs to the category of mood disorders.

10. At what age does bipolar disorder commonly begin?

- A. Early childhood only
- B. Teen years or early adulthood
- C. After age 70
- D. Infancy

Answer: B. Teen years or early adulthood

Explanation: Symptoms commonly appear in late adolescence or early adulthood.

11. Which factor may increase the risk of bipolar disorder?

- A. Genetics
- B. Wearing glasses
- C. Eating spicy foods
- D. Low intelligence

Answer: A. Genetics

Explanation: Family history significantly increases bipolar disorder risk.

12. During mania, a person may:

- A. Speak very slowly
- B. Sleep more than usual
- C. Engage in risky behaviors
- D. Avoid all activity

Answer: C. Engage in risky behaviors

Explanation: Mania may lead to impulsive spending, reckless driving, or risky sexual behavior.

13. Which symptom is associated with depression?

- A. Grandiosity
- B. Fatigue
- C. Increased confidence
- D. Hyperactivity

Answer: B. Fatigue

Explanation: Depression commonly causes low energy and tiredness.

14. Cyclothymic disorder involves:

- A. Severe psychosis
- B. Mild mood swings over time
- C. Only depression
- D. Only mania

Answer: B. Mild mood swings over time

Explanation: Cyclothymia involves chronic fluctuating moods that are less severe than bipolar I or II.

15. What does "rapid cycling" mean?

- A. Mood episodes occurring four or more times per year
- B. Riding bicycles frequently
- C. Fast speech only
- D. Short depressive episodes only

Answer: A. Mood episodes occurring four or more times per year

Explanation: Rapid cycling refers to frequent mood episode changes within a year.

16. Which treatment is commonly used for bipolar disorder?

- A. Antibiotics
- B. Mood stabilizers
- C. Antacids
- D. Antihistamines

Answer: B. Mood stabilizers

Explanation: Mood stabilizers help reduce mood swings and prevent episodes.

17. Which medication is a classic mood stabilizer?

- A. Lithium
- B. Aspirin
- C. Ibuprofen
- D. Penicillin

Answer: A. Lithium

Explanation: Lithium is one of the most established treatments for bipolar disorder.

18. Psychotherapy can help bipolar disorder by:

- A. Replacing all medications permanently
- B. Teaching coping strategies
- C. Eliminating sleep needs
- D. Preventing aging

Answer: B. Teaching coping strategies

Explanation: Therapy helps people manage stress, recognize symptoms, and improve routines.

19. Which symptom may occur during severe mania?

- A. Hallucinations
- B. Improved concentration only
- C. Increased sleep
- D. Hearing loss

Answer: A. Hallucinations

Explanation: Severe mania can involve psychosis, including hallucinations or delusions.

20. Sleep disruption can:

- A. Improve bipolar disorder
- B. Trigger mood episodes

- C. Cure depression
- D. Eliminate mania

21. Bipolar disorder affects:

- A. Mood only
- B. Mood, energy, and behavior
- C. Hearing only
- D. Vision only

22. Which professional commonly diagnoses bipolar disorder?

- A. Dentist
- B. Psychiatrist
- C. Optometrist
- D. Physical trainer

23. Mania may include:

- A. Inflated self-esteem
- B. Loss of speech
- C. Paralysis
- D. Memory blackout only

24. Bipolar depression differs from regular depression because:

- A. It occurs with manic or hypomanic episodes
- B. It only lasts one day
- C. It causes fever
- D. It never affects sleep

25. Which lifestyle habit may help manage bipolar disorder?

- A. Irregular sleep schedules
- B. Consistent routines
- C. Excessive caffeine intake
- D. Sleep deprivation

26. What is grandiosity?

- A. Extreme fear
- B. Unrealistically high self-confidence
- C. Memory loss
- D. Difficulty speaking

27. Bipolar disorder can increase the risk of:

- A. Suicide
- B. Broken bones only
- C. Blindness
- D. Deafness

28. Which statement about bipolar disorder is true?

- A. It is caused by laziness
- B. It is a medical mental health condition
- C. It only affects adults
- D. It is contagious

29. During depression, someone may experience:

- A. Loss of interest in activities
- B. Excessive excitement
- C. Racing thoughts only
- D. Increased energy only

30. Which condition commonly coexists with bipolar disorder?

- A. Anxiety disorders
- B. Broken fingers
- C. Cataracts
- D. Appendicitis

31. Bipolar disorder can affect:

- A. Relationships
- B. Work performance
- C. School functioning

D. All of the above

32. What is one goal of treatment?

- A. Eliminating all emotions
- B. Stabilizing mood
- C. Increasing mania
- D. Avoiding all social contact

33. Which behavior might occur during mania?

- A. Impulsive spending
- B. Extreme tiredness only
- C. Avoiding all communication
- D. Sleeping 15 hours daily

34. Bipolar disorder is usually:

- A. Temporary
- B. Chronic
- C. Infectious
- D. Caused by poor eyesight

35. Which symptom is common in hypomania?

- A. Increased productivity
- B. Complete inability to function
- C. Paralysis
- D. Severe confusion only

36. Antidepressants in bipolar disorder:

- A. Must always be used alone
- B. Can sometimes trigger mania
- C. Cure bipolar disorder permanently
- D. Are never prescribed

37. Which term describes both mania and depression occurring together?

- A. Mixed features
- B. Narcolepsy
- C. Dementia
- D. Aphasia

38. Which brain function is heavily affected in bipolar disorder?

- A. Mood regulation
- B. Bone growth
- C. Tooth enamel production
- D. Hair growth

39. A person with mania may need:

- A. Less supervision
- B. Emergency treatment
- C. More caffeine
- D. Sleep deprivation

40. Which symptom is associated with racing thoughts?

- A. Mania
- B. Broken bones
- C. Allergies
- D. Migraine only

41. Bipolar disorder can occur:

- A. Only in men
- B. Only in women
- C. In people of any gender
- D. Only in older adults

42. Which habit may worsen symptoms?

- A. Regular sleep
- B. Substance abuse
- C. Therapy attendance

D. Healthy eating

43. Cognitive behavioral therapy (CBT) helps by:

- A. Teaching healthier thinking patterns
- B. Replacing medications completely
- C. Increasing mania
- D. Eliminating emotions

44. Which symptom may indicate depression?

- A. Persistent sadness
- B. Inflated confidence
- C. Decreased need for sleep
- D. Excessive talking

45. Mania often affects:

- A. Judgment
- B. Hair color
- C. Height
- D. Fingerprints

46. Which is a possible warning sign of mania?

- A. Needing less sleep
- B. Increased fatigue only
- C. Loss of appetite only
- D. Frequent sneezing

47. Bipolar disorder may be mistaken for:

- A. Depression
- B. ADHD
- C. Anxiety disorders
- D. All of the above

48. Which statement about treatment adherence is true?

- A. Stopping medication suddenly may be risky
- B. Medications should always be stopped during improvement
- C. Therapy is useless
- D. Sleep does not matter

49. Family support can:

- A. Improve treatment outcomes
- B. Cause bipolar disorder
- C. Replace medical care completely
- D. Prevent all symptoms permanently

50. Bipolar disorder is diagnosed through:

- A. A blood test only
- B. Mental health evaluation
- C. X-rays only
- D. Eye examination

51. Which symptom is common during depression?

- A. Difficulty concentrating
- B. Excessive energy
- C. Grandiosity
- D. Hyperactivity

52. A manic episode typically lasts:

- A. At least one week
- B. Only 10 minutes
- C. Exactly one hour
- D. Less than five minutes

53. Hypomania differs from mania because it:

- A. Is less severe
- B. Lasts longer
- C. Includes paralysis
- D. Always causes psychosis

54. Which symptom may occur in severe depression?

- A. Suicidal thoughts
- B. Increased excitement only
- C. Excessive confidence
- D. Hyperactivity only

55. Mood stabilizers are intended to:

- A. Balance mood swings
- B. Cause mania
- C. Increase impulsivity
- D. Replace sleep

56. Which activity may help manage symptoms?

- A. Stress reduction
- B. Sleep deprivation
- C. Drug misuse
- D. Ignoring treatment

57. Which symptom is linked to mania?

- A. Pressured speech
- B. Slowed movement only
- C. Low self-esteem only
- D. Excessive sleeping

58. Bipolar disorder may affect:

- A. Thinking patterns
- B. Energy levels
- C. Behavior
- D. All of the above

59. Which professional may provide therapy for bipolar disorder?

- A. Psychologist

- B. Mechanic
- C. Architect
- D. Chef

60. Which statement about bipolar disorder is FALSE?

- A. It can be treated
- B. It involves mood episodes
- C. It is caused by weak character
- D. Therapy may help

61. Which symptom may appear during mania?

- A. Distractibility
- B. Persistent exhaustion only
- C. Severe muscle weakness
- D. Hearing impairment

62. Which factor may trigger episodes?

- A. High stress
- B. Stable routines
- C. Healthy sleep habits
- D. Regular treatment

63. What is psychosis?

- A. Loss of contact with reality
- B. Mild sadness
- C. Physical paralysis
- D. Memory improvement

64. Which medication type may also be used in bipolar disorder?

- A. Antipsychotics
- B. Antibiotics only
- C. Pain relievers only
- D. Antacids only

65. Which symptom is common during depression?

- A. Feelings of worthlessness
- B. Increased excitement
- C. Decreased need for sleep
- D. Excessive talking

66. Which is important for long-term management?

- A. Medication adherence
- B. Ignoring symptoms
- C. Avoiding healthcare providers
- D. Stopping sleep completely

67. Bipolar disorder may impact:

- A. Finances
- B. Relationships
- C. Employment
- D. All of the above

68. Which symptom is associated with mania?

- A. Increased goal-directed activity
- B. Slowed speech only
- C. Constant sleeping
- D. Physical numbness

69. Depression in bipolar disorder may cause:

- A. Appetite changes
- B. Height increase
- C. Hair growth
- D. Vision improvement

70. Which is a healthy coping strategy?

- A. Maintaining routines
- B. Using illicit drugs

- C. Skipping medication
- D. Avoiding sleep

71. Which symptom may indicate hypomania?

- A. Elevated mood
- B. Severe confusion only
- C. Persistent paralysis
- D. Complete inactivity

72. A family history of bipolar disorder:

- A. May increase risk
- B. Guarantees the condition
- C. Prevents the disorder
- D. Has no effect

73. Which symptom is common during mania?

- A. Poor impulse control
- B. Low energy only
- C. Frequent sleeping
- D. Extreme shyness only

74. Which treatment approach is often most effective?

- A. Combined medication and therapy
- B. Ignoring symptoms
- C. Sleep deprivation
- D. Isolation only

75. Which symptom may occur during depression?

- A. Social withdrawal
- B. Increased impulsivity only
- C. Excessive confidence
- D. Increased risk-taking only

76. Bipolar disorder can:

- A. Vary in severity
- B. Affect only mood
- C. Be cured instantly
- D. Always require hospitalization

77. Which symptom may be seen in mania?

- A. Euphoric mood
- B. Extreme fatigue only
- C. Persistent sadness only
- D. Slowed movement only

78. Which statement about bipolar disorder is true?

- A. Early treatment may improve outcomes
- B. It always disappears without treatment
- C. It only affects older adults
- D. It cannot be managed

79. Which symptom is associated with bipolar depression?

- A. Low motivation
- B. Inflated self-esteem
- C. Racing speech
- D. Excessive excitement

80. Which can help identify triggers?

- A. Mood tracking
- B. Sleep deprivation
- C. Ignoring symptoms
- D. Avoiding healthcare providers

81. Which symptom is associated with mania?

- A. Increased talkativeness
- B. Persistent hopelessness only
- C. Slowed reactions only

D. Excessive sleeping only

82. Bipolar disorder may involve:

- A. Periods of stability between episodes
- B. Continuous mania only
- C. Continuous depression only
- D. No mood changes

83. Which factor is important in treatment planning?

- A. Individual symptoms
- B. Hair color
- C. Favorite foods
- D. Shoe size

84. Which symptom may occur during mania?

- A. Increased irritability
- B. Physical paralysis
- C. Hearing loss
- D. Slow heartbeat only

85. Which can improve medication effectiveness?

- A. Taking medications consistently
- B. Random dosing
- C. Skipping appointments
- D. Avoiding sleep

86. Which symptom is common during depression?

- A. Changes in sleep patterns
- B. Increased grandiosity
- C. Racing thoughts only
- D. Hyperactivity only

87. Bipolar disorder is:

- A. Treatable
- B. Contagious
- C. A sign of weakness
- D. Caused by poor parenting alone

88. Which symptom may occur in mania?

- A. Excessive optimism
- B. Persistent sadness only
- C. Extreme fatigue only
- D. Social withdrawal only

89. Which action is recommended during severe suicidal thoughts?

- A. Seek immediate professional help
- B. Ignore the thoughts
- C. Stop all treatment suddenly
- D. Isolate completely

90. Which symptom may occur in bipolar disorder?

- A. Mood instability
- B. Permanent paralysis
- C. Tooth loss
- D. Vision loss

91. Which lifestyle factor is especially important?

- A. Healthy sleep habits
- B. Sleep deprivation
- C. Excessive alcohol use
- D. Irregular schedules

92. Which symptom is linked to depression?

- A. Loss of pleasure in activities
- B. Increased risk-taking only
- C. Grandiosity only
- D. Excessive confidence only

93. Which type of episode involves elevated mood but less severe impairment?

- A. Hypomanic episode
- B. Major depressive episode
- C. Panic attack
- D. Psychotic disorder

94. Which statement is true about bipolar disorder?

- A. Symptoms can change over time
- B. Everyone experiences identical symptoms
- C. Treatment never helps
- D. It affects mood only

95. Which symptom may occur during mania?

- A. Increased creativity
- B. Persistent hopelessness only
- C. Extreme fatigue only
- D. Slow speech only

96. Which symptom may occur during depression?

- A. Low self-esteem
- B. Excessive excitement
- C. Elevated energy only
- D. Racing speech only

97. Bipolar disorder treatment often requires:

- A. Long-term management
- B. One day of medication only
- C. No follow-up care
- D. Surgery only

98. Which symptom is associated with mania?

- A. Restlessness
- B. Slowed movement only
- C. Persistent fatigue only
- D. Excessive sleeping only

99. Which support strategy may help loved ones?

- A. Learning about bipolar disorder
- B. Ignoring symptoms
- C. Encouraging medication stoppage
- D. Increasing stress

100. The overall goal of bipolar disorder treatment is to:

- A. Improve quality of life and stabilize mood
- B. Eliminate all emotions permanently
- C. Increase manic energy
- D. Avoid all social interaction