

# *Compare and Contrast Video Exercise*

Using the following checkboxes, compare and contrast the two individuals diagnosed with Bipolar Disorder in the video.

## *Individual #1* (*Nicki*)

### *Symptoms of Bipolar Disorder:*

- Depressed mood
- Diminished interest in activity
- Insomnia or hypersomnia
- Loss of energy
- Feelings of worthlessness
- Thoughts of suicide
- Inflated self esteem
- Decreased need for sleep
- More talkative
- Increase in goal-oriented activity
- Increased involvement in sexual activities
- Excessively task oriented
- Motor immobility
- Excessive motor inactivity
- Extreme negativism
- Depressed mood
- Early morning awakening
- Psychomotor agitation
- Anorexia or weight loss
- Excessive guilt
- Significant weight gain
- Delusions/hallucinations
- Other

## *Individual #2* (*Mary Pat*)

### *Symptoms of Bipolar Disorder:*

- Depressed mood
- Diminished interest in activity
- Insomnia or hypersomnia
- Loss of energy
- Feelings of worthlessness
- Thoughts of suicide
- Inflated self esteem
- Decreased need for sleep
- More talkative
- Increase in goal-oriented activity
- Increased involvement in sexual activities
- Excessively task oriented
- Motor immobility
- Excessive motor inactivity
- Extreme negativism
- Depressed mood
- Early morning awakening
- Psychomotor agitation
- Anorexia or weight loss
- Excessive guilt
- Significant weight gain
- Delusions/hallucinations
- Other