Local Mental Health Facility Exposes Causes of Bipolar Disorder

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BRADENTON, FL - May 15, 2025 -
Bradenton, FL ? Clean Recovery Centers is a local substance use rehab and mental health facility that recently published a blog exploring the causes of bipolar disorder. Their unique, three-phase approach to treatment is unlike any in the area and has helped many get clean, live clean, and stay clean.

?Bipolar disorder is a complex mental health condition that causes variable mood swings, including episodes of mania and depression. Similar to other mental health conditions, the exact causes of bipolar disorder are not fully understood. The consensus agrees the condition stems from a combination of genetic, biochemical, and environmental factors. There have also been links to abnormalities in brain structure and function that may contribute to the development of bipolar disorder. Additionally, stressful life events, trauma, and substance use can trigger or exacerbate symptoms in those predisposed to the condition,? the article states.

Genetics plays a large role in both physical development and mental health. Research is trying to expand the knowledge of mental health conditions and how they present in DNA, but there is no singular gene or set of genes that cause bipolar disorder. However, it has been noted that those who have an immediate family member (parent, sibling) diagnosed with bipolar disorder are more likely to develop the condition themselves.

Chemical imbalances play a key role in bipolar disorder, particularly involving the neurotransmitters noradrenaline, serotonin, and dopamine. Noradrenaline, which regulates mood and the fight-or-flight response, is typically low in those with bipolar disorder, but increases during manic episodes, intensifying that response. Serotonin, responsible for emotional stability, sleep, and appetite, is also linked to mood regulation, though its imbalance varies among people with bipolar disorder. Dopamine levels are closely tied to mood shifts, with its metabolite homovanillic acid (HVA) decreasing during depressive episodes and increasing during mania, indicating a clear dopamine-related abnormality in bipolar disorder.

?Because bipolar is a mental health condition, only a medical or psychiatric professional can diagnose it. The first step in diagnosing bipolar disorder is a comprehensive assessment. This includes a physical to rule out any underlying conditions, followed by getting a history of symptoms. The doctor will use the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria to determine if bipolar disorder is the right diagnosis. The DSM-5 states that to be diagnosed with bipolar disorder, the person must fit these symptoms.

For bipolar I disorder, criteria have been met for at least one manic episode. The manic episode may have been preceded by and may be followed by hypomanic or major depressive episodes. A manic episode is characterized by a distinct period of abnormally and persistently elevated, expansive, or irritable mood. This includes abnormally and persistently goal-directed behavior or energy, lasting at least 1 week and present most of the day, nearly every day. Also includes any duration where a hospitalization is required. Depressive and hypomanic episodes may occur, but are not required for a bipolar I disorder diagnosis.

For bipolar II disorder, criteria have been met for at least one hypomanic episode and at least one major depressive episode. A hypomanic episode is characterized by a distinct period of abnormally and persistently elevated, expansive, or irritable mood. This includes abnormally and persistently increased activity or energy, lasting at least 4 consecutive days and present most of the day, nearly every day. A depressive episode is characterized by low mood, loss of interest, sleep disruptions, and a sense of worthlessness. Depressive episodes can last for weeks or longer,? the article continues.

Bipolar disorder can come with triggers that cause manic and/or depressive episodes. These include stressful life events, sleep disruptions, substance use, changes in routine, missing a medication dose, and seasonal changes. Knowing and managing these triggers is key to implementing strategies to help cope.

Clean Recovery Centers treats substance use disorders, mental health conditions, and co-occurring circumstances. Their dedicated team provides therapies, skill-building classes, and group sessions, all proven to treat mental health. Each facility offers housing certified by the Florida Association of Recovery Residences (FARR), allowing each client to have a safe space to stay.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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