

What facebook tells us about bipolar disorder.

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Summary

Background

Facebook now has over 1.7 billion users. It has become a popular and important source of information for bipolar conditions. Bipolar Advantage wanted to take a closer look at the nature of this information by categorizing what the top Facebook pages are publishing about bipolar disorder. We wanted to know what people are reading and what information is out there. How could this information be influencing our concepts of bipolar and depressive conditions?

Methods

We searched Facebook for pages related to bipolar disorder and selected the top 10 most popular pages based on the number of “Likes.” We reviewed and classified approximately 330 articles from these top 10 sites. We chose only actual articles and did not use posts with just pictures or advertisements for events. We limited it to a maximum of 40 articles from each site.

We divided the articles into four categories: Diagnosis, Treatment, Stigma, and Results.

In each category we further sorted the articles by subcategory. The *Diagnosis* category was broken into two clear subsets: *Clinical* and *Descriptive*. For the *Treatment* category we created three subcategories: *Medicine*, *Therapy*, and *Self-Care*. We broke *Stigma* articles into two subcategories: *Stigma from Others*, and *Self-Stigma*. We broke *Results* articles into two subcategories: *Remission* and *Functionality*. Sixteen percent of the articles we found did not fit into any of the categories and were listed under *Other*.

We categorized the data with links to the actual articles in tables and described the reasoning behind each article's categorization. The tables and descriptions in the main body of this article will cover this more in depth.

Findings

Articles in the Diagnosis category, which are meant to instruct the target audience on what bipolar disorder is and how to recognize it, make up less than 10 percent of all the articles shared by the sources on their Facebook feed. It split 45 percent Clinical and 55 percent Descriptive. The descriptive articles mostly described how horrible people's experiences were.

Articles categorized under *Treatment* represent the second largest percentage of articles at 24 percent.. These articles are primarily about tools such as therapy, medicine, and lifestyle. It is interesting that articles on Self-Care represented over 60 percent of the total. While there is no shortage of information, none of the articles discussed the effectiveness or results of using these tools.

Stigma is the largest category with 39.2 percent of all articles. About half of these articles focus on blaming someone else for not understanding the conditions. About half promote self-limiting concepts regarding why our conditions keep us from functioning.

The *Results* category is somewhat shocking. Not only does it represent just 11.39 percent of all articles, almost all of them came from one source: Bipolar Advantage. Of the 3.5 articles out of 38.5 not written by Bipolar Advantage, 2.5 of them were about Remission and only one mentioned actually functioning in life.

The other 35 articles by Bipolar Advantage were specifically about being able to function DURING mania and depression.

Conclusions

It is clear from the study that nobody but Bipolar Advantage is talking about results. From reading the actual articles, the only conclusion we can come to is that nobody else is producing any results worth mentioning. They talk about diagnosis, treatment, and stigma as the all-important issues; but none of that talk has produced tangible results or they would have mentioned them. In many ways, especially in the stigma category, the articles are actually hindering progress instead of helping to create positive results.

In contrast, the results talked about in the articles written by Bipolar Advantage sound almost too good to be true. The Bipolar Advantage focus on functioning during states has produced results that are beyond compare to any other source. Bipolar Advantage continues to stand up to and resist this negative view of living with bipolar conditions. It is the only source promoting positive outcomes along with measurable functionality results.

These results indicate that further study is warranted. We can see the importance of focusing on results, but none of the articles we read talked about how to actually get there. We need to study those that have accomplished these results and the tools and methods that are effective for achieving such results.

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Full Text

Introduction

An interesting thing about Facebook is that if you express interest in a topic, Facebook gives you more information on that topic or that kind of content. The more you engage with the content by sharing, clicking or commenting, the more they show you. This creates a feedback loop that limits your exposure and accentuates the subset of information they think you want to see.

We wanted to determine how this feedback loop affects people's perceptions and understanding of bipolar disorder.

Having been through this feedback loop ourselves, our own perception was that there is a lot of talk about stigma and simplistic listings of tools, but no conversations about real results.

We embarked on this study to see if our initial perceptions were true.

Method

Choosing the Sources

For this study, we started by searching in Facebook for pages related to bipolar disorder. We looked at each page and built a list of how many 'Likes' each page had, then narrowed that list down to the ten with the most 'Likes.' The Facebook search for most followed pages about bipolar was done on April 4, 2016.

Name	Followers	URL	Purpose
Depression and Bipolar Support Alliance (DBSA)	247,763	https://www.facebook.com/DBSAAlliance/	Non-Profit Organization
International Bipolar Foundation	232,782	https://www.facebook.com/InternationalBipolarFoundation/	Non-Profit Organization
NAMI (National Alliance on Mental Illness)	218,774	https://www.facebook.com/NAMI/	Non-Profit Organization
BP Magazine for Bipolar	80,968	https://www.facebook.com/bpMagazine/	Magazine
Bipolar Advantage	77,877	https://www.facebook.com/bipolaradvantage/	Education
Bipolar Disorder-New Life Outlook	40,874	https://www.facebook.com/newlifeoutlook.bipolar/?ref=br_rs	Website
My Bipolar Disordered Life	25,859	https://www.facebook.com/MyBipolarDisorderedLife/?ref=br_rs	Community
Healthline: Living With Bipolar Disorder	22,408	https://www.facebook.com/Healthline-Living-with-Bipolar-Disorder-283614231695971/?ref=br_rs	Health/Wellness Website
Bipolar Awareness~Stop the Stigma	19,246	https://www.facebook.com/BipolarAwareness/?ref=br_rs	Health/Wellness Website
Musings of a Bipolar Hot Mess	16,746	https://www.facebook.com/BipolarHotMess/?ref=br_rs	Personal Blog
Average	98,329.7		

Classification of Articles:

We decided to review and classify the 40 most recent published posts shared from each individual source containing articles. Facebook posts or articles promoting the entity's services, online classes, training recruitment, surveys, webinars, or advertisements were skipped. Any Facebook post containing quotes, images, podcasts or videos without articles were also skipped. This also included any post that repeated any article previously shared within the feed.

This number was based on the understanding that the frequency in which individual sources published articles on their Facebook page would vary greatly if done on a specific time frame. For example, we observed that some of the sources published anywhere from three to five articles per day, while others published less than one article per week or even month. In some cases, we had to go into an individual source's timeline as far back as a year or two ago in order to find enough articles to be reviewed.

After taking an initial look at the source's Facebook feeds, a total of 338 articles were selected for review and classification. All directly linked from each individual source's Facebook page. We noticed that the published articles had the tendency to talk about a similar set of topics, which led to the development of our category system. Articles mostly fall under the following four categories: Diagnosis, Tools, Stigma, Results and Other. This classification system helped us get a better feel for what the individual sources focused on and what kind of content they were promoting.

Articles were sorted into this initial set of categories, Diagnosis and Descriptions of Suffering, Tools to Lower the Intensity of States, Stigma, Results and Others.

An article falls under the *Diagnosis* category when it describes the symptoms of a mental condition.

Articles classified under the *Treatment* category are those which offer specific tools and coping tips to peers, family members, or the patients. Tips and strategies are designed to lower the intensity of states, remove states all together, or increase functionality solely through lowered intensity of states. Many articles promote the development of tools to help alleviate the suffering that comes along with the symptoms.

Articles classified under the *Stigma* category are those that talk about negative judgements that keep people from seeking proper treatment or otherwise have a negative impact of the lives of people suffering with bipolar disorder. Stigmatizing judgements, for example, keep people from getting jobs or otherwise pursuing the things a person without bipolar disorder might have done without the stigma hanging over his or her head.

Articles in the *Results* category are those that talk about remission, recovery, and functionality. They explain the possible outcome a person can expect as a result of treatment.

Articles that cannot fit into any of the above categories will be put into the *Other* category.

An article can be classified into up to two categories out of the five. A half point is given to the article in the two main categories it fits into, totaling a whole point.

Initial Classification Chart

Source	Diagnosis	Treatment	Stigma	Results	Other	Total
Depression and Bipolar Support Alliance	8.5	14	13.5	0	4	40
International Bipolar Foundation	3.5	7.5	21	1	7	40
National Alliance on Mental Illness	3	11.5	16.5	1	8	40
BP Magazine for Bipolar	4	9.5	23.5	0	3	40
Bipolar Advantage	0	3	2	35	0	40
Bipolar Disorder-New Life Outlook	7	9	23	0	1	40
My Bipolar Disordered Life	0	1	1	0	3	5
Healthline: Living With Bipolar Disorder	4.5	13.5	15	0	7	40
Bipolar Awareness~Stop the Stigma	3	11.5	12	0.5	13	40
Musings of a Bipolar Hot Mess	0	0	5	0	8	13
Totals	33.5	80.5	132.5	37.5	54	338
Percent of Total	9.91%	23.82%	39.20%	11.09%	15.98%	

Once the articles were signed to categories we then took each individual category and sorted the articles into sub-categories.

The Diagnosis Category

This category is divided into *Clinical* and *Descriptive* articles. *Clinical* articles detail any symptomatic factors for determining whether the DSM would properly label a set of symptoms as a mental illness. *Descriptive* articles focus on describing the suffering that is attached to a mood state.

As you can see from the *Initial Classification Chart*, the Diagnosis category only includes 9.91 percent of all the articles in the study.

Clinical articles account for 43.28 percent of the Diagnosis articles. They are written from a clinical or scientific understanding of a mental condition and based on what the DSM would label as a mental illness. They were mainly written by doctors or other mental health professionals, often within a source's organization. They focus on listing behavioral and symptomatic patterns to help one recognize whether or not one has the condition. Some of these articles are about studies, or comparative descriptions between bipolar, depression, mood states, and different mental conditions. They lean toward negative descriptions of depression and bipolar, but from a factual and scientific perspective.

Descriptive articles make up 56.72 percent of all articles in the Diagnosis category. They are mostly written from a personal perspective. They do not necessarily exclude the clinical or scientific description of symptoms, but describe one's intimate understanding and perception of what a mental condition is. *Descriptive* articles often detail a direct experience of the symptoms or of living with a person who has the condition.

The tendency to present the experience of depressive or bipolar symptoms as catastrophic is characteristic of articles in the Diagnosis category. They also expand on the agony and suffering linked to a mental condition, mainly through personal stories with detailed descriptions of experiencing symptoms or the suffering and trauma attached to such experiences.

Regardless of the approach in presenting the information, both *Clinical* and *Descriptive* articles shine light on bipolar and depression with an underlying assumption. Mood states and behaviors are inevitably linked in these articles as if there is no way to separate the two. This is especially true when those around the person with the condition consider the behaviors negative. Therefore, according to these sources, the behavioral choices of a person experiencing depression or bipolar disorder is not only a result of their mood state or their illness but part of it.

Source	Clinical	Descriptive	Total
Depression and Bipolar Support Alliance	1.5	7	8.5
International Bipolar Foundation	1.5	2	3.5
National Alliance on Mental Illness	0	3	3
BP Magazine for Bipolar	2	2	4
Bipolar Advantage	0	0	0
Bipolar Disorder-New Life Outlook	5.5	1.5	7
My Bipolar Disordered Life	0	0	0
Healthline: Living With Bipolar Disorder	2	2.5	4.5
Bipolar Awareness~Stop the Stigma	2	1	3
Musings of a Bipolar Hot Mess	0	0	0
Totals	14.5	19	33.5
Percent of Total	43.28%	56.72%	

The Treatment Category

For the *Treatment* category we created three subsets: *Medicine*, *Therapy*, and *Self-Care*. *Medicine* articles explain the different prescription drugs available, their effectiveness in the different populations based on gender, age, physical or mental status, and their side effects. *Therapy* articles describe different types of therapy available; including CBT, ECT, Family Therapy, pet therapy and more. *Self-Care* articles focus on explaining what a person with either bipolar or depression can do on his own to help lower the intensity of the state of prevent it from reoccurring.

The *Treatment* category is the second largest group in the *Initial Classification Chart*, accounting for 24 percent of the total articles shared. This category includes articles on *Medicine* (20.81 percent of articles in *Treatment* sub-category), *Therapy* (18.32 percent of articles in *Treatment* sub-category), and *Self-Care* (60.37 percent of articles in *Treatment* sub-category).

All articles in the Treatment category are written from either a personal experience with a treatment method or from professional recommendations by doctors or experts in the mental health field. These articles discuss professional sources available, studies on the effectiveness or lack of it, and the need for advocating voices that ask for more treatment options and resources.

Medicine articles often discuss the time it might take to find "the one medicine" or the perfect prescription drug cocktail that will eradicate mood states all together on a temporary basis. We also found articles in which people with the condition claim to have finally, yet again, found the medicine they feel is "the one." While these articles discuss medication for treatment, they always disclaim to be advice to the individual. Yet they are often written as advice.

Therapy articles were written mostly by those who have the condition and have tried a particular therapy treatment. They are from individuals sharing their experiences and results. Other articles for Therapy are written by the publisher's team of experts with explanations of a particular type of therapy.

The most discussed treatment topic, with 60 percent of all the treatment articles written, is *Self-Care*. The *Self-Care* articles talk about things one can do to help remove a state to a point in which a person might become comfortable enough to continue leading the basic responsibilities of life.

In the *Self-Care* category, we see articles with recommendations about sleep, meditation, exercise, food types, journaling, planning skills, routines and schedules, mantras, positive thinking techniques, listening to music, hobbies, creative activities, etc. Such tools and strategies are meant to help one avoid the negative or traumatizing effects of experiencing a mood. There are tips with things that friends and family members should do or say to make the person experiencing a mood state feel more comfortable about their inability to cope. Self-Care articles also discuss ways for family members to make sure they are caring for themselves when caring for a person with a mental condition, assuming that a person with mood swings is incapable of caring for his or her own self as a result of their condition.

Source	Medicine	Therapy	Self-Care	Total
Depression and Bipolar Support Alliance	2.5	4	7.5	14
International Bipolar Foundation	2.25	0.25	5	7.5
National Alliance on Mental Illness	3.5	3	5	11.5
BP Magazine for Bipolar	1	0	8.5	9.5
Bipolar Advantage	1	2	0	3
Bipolar Disorder-New Life Outlook	2	0.5	6.5	9
My Bipolar Disordered Life	0	0	1	1
Healthline: Living With Bipolar Disorder	3	5	5.5	13.5
Bipolar Awareness~Stop the Stigma	1.5	0	10	11.5
Musings of a Bipolar Hot Mess	0	0	0	0
Totals	16.75	14.75	49	80.5
Percent of Total	20.81%	18.32%	60.87%	

The Stigma Category

Many articles in this category are written by people who advocate for more resources to help find a solution or a cure for the symptoms. It includes family members wishing to relate their hardship and struggle in coping with the "illness" of their loved one. It is understood that there is not one perfect tool that will forever work at keeping mood swings, depression, mania or anxiety from ever occurring. The underlying premise is that bipolar and depressive conditions are a serious chronic illness.

We broke *Stigma* articles into two subsets: Articles that focus on *Others* for judging or otherwise not properly accommodating those with the disorders, and *Self-Stigma* articles, about self-perceived negative beliefs.

The *Others* (49.62 percent of all articles in the *Stigma* category) sub-category refers to articles in which the negative beliefs or stereotypes of mental conditions are encouraged or repeated by those who do not have the condition, including professionals in the field.

These articles reveal the mark of disgrace associated with the interaction between a person with a mental condition and his or her environment. Articles in the category explain that a person with mania, hypomania, depression, anxiety, or any other mood disorder, cannot trust in his or her ability to enjoy any season because it might trigger destructive behavior. According to these articles, triggers are a danger to the person with a mental condition. They make people with a mental condition do things that they might later regret. Are these article suggesting a permanent state of paranoia about our condition?

Articles in the *Others* category also focus on putting the fault of a person's erratic behavior on the lack of medical or treatment resources. These articles often focus on the inability of doctors, policemen, nurses or other professionals, to deal compassionately with a person who has a mental condition. They sometimes emphasize traumatic experiences from the past as an other-centered trigger of mental illness. They mostly suggest that friends, relatives, acquaintances and work peers or superiors have a lack of understanding of our condition and that leads to difficult interactions.

Self-Stigma articles (50.38 percent of all articles in the *Stigma* category) are about encouraging or repeating negative beliefs about a mental condition in the person experiencing it. *Self-Stigma* articles focus on attributing negative behavior to one's mental condition. Articles written by people with the condition come from a personal assumption of not knowing how to function during episodes. The illness can stand as a shield from negative assessments of one's behavior or functionality. We describe these articles as Self-Limiting.

Source	Others	Self-Stigma	Total
Depression and Bipolar Support Alliance	3.75	9.75	13.5
International Bipolar Foundation	9	12	21
National Alliance on Mental Illness	7.5	9	16.5
BP Magazine for Bipolar	15	8.5	23.5
Bipolar Advantage	1	1	2
Bipolar Disorder-New Life Outlook	16	7	23
My Bipolar Disordered Life	1	0	1
Healthline: Living With Bipolar Disorder	6	9	15
Bipolar Awareness~Stop the Stigma	4.5	7.5	12
Musings of a Bipolar Hot Mess	2	3	5
Totals	65.75	66.75	132.5
Percent of Total	49.62%	50.38%	

The Results Category

Results articles account for only 11.09 percent of all of the articles in the study, making it the second lowest of all categories. Results are interpreted here to mean the possible positive outcomes a person can expect as a result of following a particular treatment, course of study, medication, lifestyle change, etc.

We classified articles in the *Results* category into two sub-categories: *Remission* articles about an absence of mood states for a period of time and *Functionality* articles focused instead on functioning during cycles.

Only 1.5 articles talk about the result of achieving *Remission*, which is about the fact that states eventually go away. They talk about suffering and the inability to function during episodes of mania or depression. The only time they talk about life working is during the periods of remission, but acknowledge that remission is temporary. Remission periods are described as the only time sufferers can get life to work or at least attempt to fix the many problems that were caused during episodes.

There are 36 articles in the *Functionality* sub-category and all but one of them were written by Bipolar Advantage. The one article written by someone other than Bipolar Advantage is about the positives of bipolar while also acknowledging the negatives. It didn't really talk about functioning during states, but only about liking certain aspects of them. But since it was at least about positives, we categorized it as a *Functionality* article. This means literally nobody but Bipolar Advantage is talking about people's ability to improve functioning. Bipolar Advantage has 35 articles on the results of achieving *Functionality*.

Functionality, according to Bipolar Advantage, means that during all states one is able to minimize or completely remove the negatives of the state while maximizing both the value of being in the state and behaving in a way that indicates that the person has turned the state into a positive advantage. This source is the only one encouraging individuals to believe that anyone with bipolar disorder or depression should expect to live a meaningful and extraordinary life.

Articles shared on the Bipolar Advantage Facebook page focus on *Results* someone with these conditions can expect to achieve. It is an empowering and encouraging message for anyone with bipolar or depression. The articles included comments supporting ever-increasing abilities to function over time by former students. The articles posted are indicative of the depth and longevity of success from implementing the concepts.

Source	Remission	Functionality	Total
Depression and Bipolar Support Alliance	0	0	0
International Bipolar Foundation	0	1	1
National Alliance on Mental Illness	1	0	1
BP Magazine for Bipolar	0	0	0
Bipolar Advantage	0	35	35
Bipolar Disorder-New Life Outlook	0	0	0
My Bipolar Disordered Life	0	0	0
Healthline: Living With Bipolar Disorder	0	0	0
Bipolar Awareness~Stop the Stigma	0.5	0	0.5
Musings of a Bipolar Hot Mess	0	0	0
Totals	1.5	36	37.5
Percent of Total	4.00%	96.00%	

Discussion

One of the reasons we did this study is because we believed that there was very little information about *Results* on Facebook pages. It is stunning to see that no one else is talking about *Results*. Why are so many organizations devoting so little space to positive outcomes? Why are so many talking about *Stigma* (40 percent of all articles) and not focusing on *Results*?

If you were paying attention to bipolar disorder on Facebook you would not be at all surprised that *Diagnosis*, *Treatment* and *Stigma* were prominent among all of the articles. But you would be shocked that *Results* were included unless you had visited the Bipolar Advantage Facebook page. If you are not shocked, perhaps you believed that the other groups on Facebook were talking about *Results*. But this study proved otherwise.

It is clear from the study that nobody but Bipolar Advantage is talking about *Results*. From reading the actual articles, the only conclusion we can come to is that nobody else is producing any *Results* worth mentioning. They talk about *Diagnosis*, *Treatment* and *Stigma* as the all-important issues, but none of that talk has produced tangible results. In many ways, especially in the *Stigma* category, the articles are actually hindering results instead of helping to create them.

In contrast, the results talked about in the articles written by Bipolar Advantage sound almost too good to be true. Their focus on functioning during states has produced *Results* that are beyond compare to any other source. Since the other sources don't focus at all on functioning during states, it is understandable that those who were not exposed to the Bipolar Advantage Facebook page would assume that it is not possible. We were surprised, though, that even though they talked about tools to produce remission, there are so very few of them examples of the tools working.

The only source talking about *Results* worth striving for is Bipolar Advantage. *Results* are not only a possibility, but a goal that thousands of students have achieved. Bipolar Advantage articles speak out against accepting the self-limiting and fear based concepts that abound in the name of erasing the stigma of mental illness. It is the only source that stands up to resist and reject such beliefs.

Unlike almost every other area of medicine, sports, or product development, mental health steers clear of ever mentioning *Results*. We found that with the exception of Bipolar Advantage, the few mentions of *Results* talk about temporary remission as the way to go about living with bipolar disorder and/or depression.

Almost no organization is talking about the outcomes or results achieved by striving for remission. Perhaps this is because of the **Step-BD Study by NIH** which was completed in 2007. It clearly demonstrated that remission was not achievable on any long-term basis. Remission refers to a decrease of intensity of mood states for a period of time. It is often described as temporary but lasting a few months up to a couple of years. Is recovery based on temporary remissions really the best outcome we can hope for?

Here is one of the most discouraging paradoxes of mental health. A process that has an unachievable end goal has been in place for decades. Even the study that disproved its viability has not succeeded in dislodging this goal from "the standard of care."

Bipolar Advantage focuses instead on *Results* based on teaching and emphasizing functionality during states. The difference is in accepting mood states and the cyclical nature of the condition, while providing a path to maintain healthy functionality during these states. Adaptation and intervention are regarded as tools to maintain optimum involvement in life, while understanding the nature of the condition. Remission is not the goal. The desired result is functionality during mood states rather than leading a divided life between "normal life" and "mood states."

Some articles indicate the growing acceptance and support for these ideas like: "Advantages in Bipolar: No Longer If, But Why and How" - <https://www.psychologytoday.com/blog/bipolar-advantage/201306/advantages-in-bipolar-no-longer-if-why-and-how>

This study indicates that further study is warranted. We can see the importance of focusing on results, but none of the articles we read talked about how to actually get there. We need to study those that have accomplished these results and the tools and methods that are effective for achieving them.

Appendix

Summaries

Depression and Bipolar Support Alliance Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
1.5	7	2.5	4	7.5	3.75	9.75	0	0
Total	8.5		Total	14	Total	13.5	Total	0
Total Articles		36	of	40				

International Bipolar Foundation Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
1.5	2	2.25	0.25	5	9	12	0	1
Total	3.5		Total	7.5	Total	21	Total	1
Total Articles		33	of	40				

National Alliance on Mental Illness Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
0	3	3.5	3	5	7.5	9	1	0
Total	3		Total	11.5	Total	16.5	Total	1
Total Articles		32	of	40				

BP Magazine for Bipolar Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
2	2	1	0	8.5	15	8.5	0	0
Total	4		Total	9.5	Total	23.5	Total	0
Total Articles		37	of	40				

Bipolar Advantage Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
0	0	1	2	0	1	1	0	35
Total	0		Total	3	Total	2	Total	35
Total Articles		40	of	40				

Bipolar Disorder-New Life Outlook Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
5.5	1.5	2	0.5	6.5	16	7	0	0
Total	7		Total	9	Total	23	Total	0
Total Articles		39	of	40				

My Bipolar Disordered Life Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
0	0	0	0	1	1	0	0	0
Total	0		Total	1	Total	1	Total	0
Total Articles		2	of	5				

Healthline: Living With Bipolar Disorder Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
2	2.5	3	5	5.5	6	9	0	0
Total	4.5		Total	13.5	Total	15	Total	0
Total Articles		33	of	40				

Bipolar Awareness~Stop the Stigma Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
2	1	1.5	0	10	4.5	7.5	0.5	0
Total	3		Total	11.5	Total	12	Total	0.5
Total Articles		27	of	40				

Musings of a Bipolar Hot Mess Summary

Diagnosis		Treatment			Stigma		Results	
Clinical	Descriptive	Medicine	Therapy	Self-Care	Others	Self-Stigma	Remission	Functionality
0	0	0	0	0	2	3	0	0
Total	0		Total	0	Total	5	Total	0
Total Articles		5	of	13				

Worksheets

Depression and Bipolar Support Alliance - (4/7/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
The To-Do List Changes When Your Daughter Goes to a Psychiatric Hospital	http://themighty.com/2016/03/a-mothers-frustrations-with-her-daughters-hospitalization-for-mental-illness/			1			Stigmatizing article about daughter's inability to function during a state
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/			1			Article about obsessive symptoms that might accompany mania or depression
PATIENT-CENTERED CARE: TODAY'S BUZZ WORD OR OPPORTUNITY FOR MEANINGFUL HEALTH CARE IMPROVEMENT ?	http://careforyourmind.org/patient-centered-care-todays-buzz-word-or-opportunity-for-meaningful-health-care-improvement/			1			Article about patient-centered care defined as advocacy for patient inclusion.
U Researchers Examine Nature as a Form of Therapy for Military Veterans	http://dailyutahchronicle.com/2016/01/14/u-researchers-examine-nature-as-a-form-of-therapy-for-military-veterans/			1			Describes using nature as a tool to reduce symptoms
Ask the Doctor: Understanding Bipolar Depression	http://www.bphope.com/ask-the-doctor-understanding-bipolar-depression/	0.5	0.5				Doctors describe diagnostic criteria and treatment for bipolar depression.
6 ways good parents contribute to their child's anxiety	https://www.washingtonpost.com/news/parenting/wp/2016/04/01/6-ways-good-parents-contribute-to-their-childrens-anxiety/			1			Article about how parents are contributing to the stigma of their children

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Recognizing and Managing My Anxiety	http://www.bphope.com/recognizing-and-managing-my-anxiety/	1					About recognizing symptoms of anxiety
BEHIND DOMESTIC LINES	http://thewildword.com/mothering-through-the-darkness/	1					Parent describes son's depressive symptoms and her reaction.
We Are Powerful	http://www.dbsalliance.org/site/PageServer?pagename=we_are_powerful					1	Article about ongoing campaign that encourages bipolar and depressive people to live up to their potential
Why I'm teaching my 6-year-old to meditate	https://www.washingtonpost.com/news/parenting/wp/2016/03/31/why-im-teaching-my-6-year-old-to-meditate/		1				Article about using meditation as a tool to reduce stress, anxiety and depression
At TEDx talk, Boise teen with bipolar disorder to deliver message: 'I am not my illness'	http://www.idahostatesman.com/news/local/article69381727.html	0.5		0.5			Article describes the journey of a young man and his struggle with his bipolar symptoms. Article portrays an inability to function to bipolar symptoms.
HOW LEGISLATION CAN CHANGE THE FACE OF PERINATAL MENTAL HEALTH	http://careforyourmind.org/how-legislation-can-change-the-face-of-perinatal-mental-health/		0.5	0.5			Article about the women advocating for more resources from government to accommodate for people who suffer from their condition
Family Support: Coping with TBI	http://www.guardyourhealth.com/personal-stories/family-story/tippett/		1				Supportive resources for people with TBI.
Wellness Toolbox	http://www.dbsalliance.org/site/PageServer?pagename=wellness_wellness_toolbox		1				List of links with different sets of tools to address different categories of wellbeing according to an internal classification system on wellness.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
I'm here...	http://www.dbsalliance.org/site/PageServer?pagename=help_imhere	0.5	0.5				Focuses on the suffering of people with a mental condition and tips for peers and family members.
Life Unlimited Stories: Trevor McCauley	http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited#Trevor_McCauley			1			Storie of an individual claiming that he has achieved functionality with vague details.
To the Emergency Room Staff, From a Person With a Mental Illness	http://themighty.com/2016/02/to-the-emergency-room-staff-from-a-person-with-a-mental-illness/			1			A person describing his/her inability to function during a state and asking for kindness from nurses.
It's Brain Science: University Fights Binge Drinking With Meditation	http://www.nbcnews.com/feature/college-game-plan/it-s-brain-science-university-fights-binge-drinking-meditation-n528761			1			Article talks about a program developed by a professor aimed at using different tools for preventing certain states from occurring.
A Powerful Instagram Account Is Combatting Mental Health Stigma With Personal Stories	http://mic.com/articles/134814/a-powerful-instagram-account-is-combatting-mental-health-stigma-with-personal-stories	0.5		0.5			Article about instagram account that feeds stigmatizing ideas about mental health to its followers and describes tthe suffering attached to a state.
Anxiety is poorly recognized, treated in children	http://www.familypractice news.com/specialty-focus/child-adolescent-medicine/single-article-page/anxiety-is-poorly-recognized-treated-in-children/14901cb016ee4d2c2e4540d6de2b816b.html					1	Article about the similarities between ADHD and anxiety disorder in children and how there are not enough toolkits for recognizing and dealing with children who suffer from anxiety.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Why It's OK I'm Not 100% Recovered From Depression	http://themighty.com/2016/01/why-its-ok-im-not-100-recovered-from-depressi0n/			1			Article that speaks of functionality during remission only.
The Prechter Fund's Fight to Cure Bipolar Disorder	http://www.bphope.com/wally-prechter-fight-to-cure-bipolar-disorder/	0.5		0.5			Video article about ending the suffering of bipolar and advocating for grater resources to help relief the dysfunction caused by a mental condition.
Mania and Overspending: Don't break the bank!	http://www.bphope.com/dont-break-the-bank-bipolar-overspending/			1			Article advocating to avoid high intensities of mania to help prevent out-of-control spending.
Glenn Close: 'Mental Illness Is a Family Affair'	http://www.webmd.com/mental-health/features/glenn-close-sister-mental-illness?page=2	0.5		0.5			Article describing suffering attached to a state and describes functioning as impossible during a specific state.
Bipolar & Anger: Getting Control Of Irritability & Outburst	http://www.bphope.com/bipolar-anger-unravel-your-wrath/			1			Details the inability to function at a given state and the catastrophic effect of experiencing certain symptoms.
The Diagnosis of Bipolar Disorder Should Never Become Your Identity	http://www.dbsagreenwich.com/writings/Diagnosis%20and%20Identity.pdf			1			Article talks about accepting that bipolar is an illness that affects our ability to function in any given state.
Bipolar Depression: Letting the Light In	http://www.bphope.com/bipolar-depression-letting-the-light-in/	0.5		0.5			Describes suffering attached to a mood and symptoms. Describes functioning as impossible.
M.L.B. Teams Nurture Player's Mental Health	http://www.nytimes.com/2015/04/12/sports/baseball/mlb-teams-nurture-players-mental-health.html					1	Article explains about professional sports team including mental health experts as another aspect of coaching.
Viewpoint: The divine prerogative	http://www.hopetocope.com/viewpoint-the-divine-prerogative/			1			Linking the benefits of forgiving others and mental health.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Physical Signs of Depression: Hear your BODY talk!	http://www.hopetocope.com/physical-signs-of-depression-hear-your-body-talk-3/	1					Description of the suffering and agony of experiencing the physical symptoms of depression.
Mind over mood: Face the facts	http://www.bphope.com/mind-over-mood-face-the-facts/			1			Encourages people with a diagnosis to face their condition and develop a plan.
Ask the doctor: Is it ADHD or bipolar—or both?	http://www.bphope.com/ask-the-doctor-is-it-adhd-or-bipolar-or-both/	1					Article explaining the difference between symptoms and treatment options between bipolar disorder and adhd.
When you cant even find the tunnel let alone the light at the end: coping with trauma	https://hopeworkscommunity.wordpress.com/2014/03/26/when-you-cant-even-find-the-tunnel-let-alone-the-light-at-the-end-coping-with-trauma/			1			Article about different philosophical concepts for coping with traumatic experiences.
Nurtured by nature	http://www.hopetocope.com/nurtured-by-nature-3/	1					Using nature as a tool to get out of a state because being in a specific state makes it difficult or impossible for a person to function at all.
Life Unlimited: Marya Hornbacher	http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited		0.5	0.5			Featured story of a person with a diagnosis who writes a note to her past self about how in the future she will be diagnosed with a brain disorder and that is why she suffers.
On the possibility of recovery	https://hopeworkscommunity.wordpress.com/2013/12/04/on-the-possibility-of-recovery/		0.5	0.5			Article about recovery and tips to create a recovery mindset.
Ask the Doc: Greg Simon, MD, MPH	http://www.dbsalliance.org/site/PageServer?pagename=education_eupdate_2014_May#4				1		Article claiming recovery as the best hope for those who suffer from depression.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Depression, anxiety: What worked for me	http://www.cnn.com/2014/03/04/health/ramprasad-depression/index.html			1			Article about using meditation as a tool to remove or reduce the symptoms of a depressive or anxious state.
Wrong to remove critical line of defense in America's mental health crisis	http://thehill.com/opinion/op-ed/199321-removing-critical-line-of-defense-in-americas-mental-health-crisis-is-bad#ixzz2uSpZROH6			0.5	0.5		Article reporting of the devastating effects that reducing or restricting access to pills as a tool for treating mental conditions would have in patients.
Ask The Doc: Dr. David E. Kemp	http://www.dbsalliance.org/site/PageServer?pagename=education_eupdate_2011_october#4					1	Dr. addressed the concerns of having a mental health screening prior to a bariatric surgery.
		8.5	14	13.5	0	4	40

International Bipolar Foundation - (4/11/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
What Do You Do When You Can't Get To Sleep?	http://ibpf.org/blog/what-do-you-do-when-you-can%E2%80%99t-get-sleep			1			Article about using sleep as a tool to prevent a state because a person might not be able to handle it.
Stigma: Establishing The Three Levels	http://www.crestbd.ca/2016/04/08/establishing-three-levels-stigma/			1			Article explaining the participation of a Canadian bipolar disorder organization in an online exposition and classification system on stigma; how it is defined and how it is perceived by others.
Warning Signs	http://ibpf.org/blog/warning-signs			1			Article about how certain feelings and emotions cause the author to become dysfunctional and her need to escape a given state.
Why I Hid The Fact I'm Bipolar For Over A Year After My Diagnosis	http://elitedaily.com/life/bipolar-disorder-hid-diagnosis/1354942/			1			Article about coping with a mental illness diagnosis that describes the inability to function during states even with medication
On World Bipolar Day: 'What I Want the World to Know	https://www.elementsbehavioralhealth.com/news-and-research/world-bipolar-day-want-world-know/			1			Article that highlights how some people with bipolar disorder are suffering and need to be understood
5 Tips For Being Reliable When You Are Depressed	http://jessicagimeno.com/5-tips-for-being-reliable-when-you-are-depressed/			1			Article describing the inability to function in relationships and other commitments besides professional tasks as a result of depression
Cara Delevingne and 16 other celebrities speak honestly about their mental health battles	http://www.marieclaire.co.uk/news/celebrity/552559/celebrities-speak-out-about-their-battles-with-mental-health.html			1			An article highlighting statements of celebrities about the suffering they endured during depressive episodes.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Facebook Creates New Support Tool to Help People Who Are Suicidal	http://themighty.com/2016/04/facebook-creates-new-suicide-prevention-support-tool/					1	Article that describes the procedure for reporting or helping a person who published suicidal post on Facebook.
11 Superpowers of Anxious Children	http://themighty.com/2016/04/benefits-of-anxiety/					1	Describes some of the advantages of experiencing anxiety and how it can be used to connect with others.
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/			1			Article about obsessive symptoms that might accompany mania or depression
Mania: The Good, The Bad, And The Ugly	http://ibpf.org/blog/mania-good-bad-and-ugly			1			Article describing inability to function during episodes.
When You've Hit Rock Bottom	http://ibpf.org/blog/when-you%E2%80%99ve-hit-rock-bottom			1			Article describing how hitting rock bottom is a result of an "illness" and giving tips on how to cope.
The Form of Stigma You Might Not Be Thinking Of	http://ibpf.org/blog/form-stigma-you-might-not-be-thinking			1			Author describes inability to function during episodes and asks people to reach out about her condition.
Coming Back from Depression	https://www.psychologytoday.com/blog/the-bipolar-lens/201604/coming-back-depression			1			Article about author surviving depression yet coming out of it with no understanding of it.
Recognizing and Managing My Anxiety	http://www.bphope.com/recognizing-and-managing-my-anxiety/	1					About recognizing symptoms of anxiety.
When Mental Illness Stigma Is Self-Imposed	http://themighty.com/2016/03/when-we-believe-mental-illness-stigma-is-true/			1			Article about needing to lower the intensity of a state because of the inability to function during it.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
How Electroconvulsive Therapy (ECT) Helped Me Survive to Battle Bipolar Depression	http://www.huffingtonpost.com/dyane-leshinharwood/how-electroconvulsive-therapy-ect-helped-me-survive-to-battle-bipolar-depression_b_9455412.html		1				Article about using ECT as a tool for reducing the intensity of depression.
Poor sleep linked to negative mood in women with bipolar disorder	http://www.news-medical.net/news/20150630/Poor-sleep-linked-to-negative-mood-in-women-with-bipolar-disorder.aspx		1				Article about using a sleep as a tool to help prevent the occurrence of symptoms in women.
Enough Sleep Treats Mental Illness Effectively: Studies	http://en.yibada.com/articles/35836/20150531/proper-sleep-effective-treatment-mental-illness-research.htm		1				Article about using sleep as a tool to prevent mood irregularities from occurring.
What 25 Years of Brain Scans Tell Us About Psychiatric Disorders in Young People	https://bbrfoundation.org/brain-matters-discoveries/what-25-years-of-brain-scans-tell-us-about-psychiatric-disorders-in-young	1					Using brain scans as a diagnostic tool.
NEARLY ALL AMERICANS SAY MENTAL HEALTH ISSUES ARE A "SERIOUS" PROBLEM	http://www.treatmentadvocacycenter.org/home-page/71-featured-articles/2767			1			Article advocating for more awareness on the "issue" of mental health.
Nothing to Be Ashamed Of	http://www.ibpf.org/blog/nothing-be-ashamed			1			Author describes her struggle of accepting she has a mental illness.
What you need to know about mental health coverage	http://www.apa.org/helpcenter/parity-guide.aspx					1	Information about health insurance and mental health.
NIH embraces bold, 12-year scientific vision for BRAIN Initiative	http://www.nih.gov/news/health/jun2014/od-05.htm					1	Article announcing a 12 year study on brains and mental health.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Depressed, but Not Ashamed	http://www.nytimes.com/2014/05/22/opinion/depressed-but-not-ashamed.html			1			Article about students facing depression.
According to Scientists, This is The Most Relaxing Tune Ever Recorded	http://dailyhealthpost.com/according-to-scientists-this-is-the-most-relaxing-tune-ever-recorded/					1	Article reporting the most relaxing tune ever recorded.
Bipolar Disorder Takes Different Path in Patients Who Binge Eat, Study Suggests	http://newsnetwork.mayoclinic.org/discussion/bipolar-disorder-takes-different-path-in-patients-who-binge-eat-study-suggests	1					Study about relationship between binge eating and Bipolar Disorder
Mental Health Parity Rule Clarifies Standards For Treatment Limits	http://khn.org/news/michelle-andrews-expert-answers-mental-health-parity/					1	Article explaining what parity rule means for patients.
Bipolar drugs less effective during pregnancy	http://www.medicalnewstoday.com/releases/268316.php			1			Article about the decreased effectiveness of psychiatric pills during pregnancy.
Sleep smarts	http://www.bphope.com/sleep-smarts/			1			Using sleep as a tool to prevent hypomania.
New documentary trains a lens on those with bipolar disorder	http://www.scpr.org/news/2012/08/23/34013/new-documentary-showcases-bipolar-disorder-through/			1			Article about a documentary of a person who was not able to function during her periods of mania or depression.
Passion Pit Singer Opens Up About Living With Bipolar Disorder	http://diffuser.fm/passion-pit-michael-angelakos-bipolar-disorder/			1			Singer opens up about his struggle to keep it together during tour due to his inability to function in certain states.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
New Study Examines Various Treatments for Bipolar	http://www.goodtherapy.org/blog/study-examines-various-treatments-for-bipolar-0606122	0.5	0.5				Study about using different tools to lower intensity or remove states altogether.
There IS a link between genius and madness - but we don't know why we evolved this 'gift'	http://www.dailymail.co.uk/sciencetech/article-2154393/There-IS-link-genius-madness-claim-scientists--dont-know-evolved-gift.html			1			Article highlights the inevitability of linking certain symptoms to negative behaviors.
Psychologists warn on term 'mentally ill'	http://www.theage.com.au/victoria/psychologists-warn-on-term-mentally-ill-20120519-1yxts.html			1			Article that says calling people mentally ill is stigmatizing.
Research explores the positives of bipolar disorder	https://www.sciencedaily.com/releases/2012/05/120503115927.htm				1		Highlights positive traits of bipolar condition and how it is meaningful to those who experience it.
What's in a name? Psychiatrists' labeling practices may be desensitizing the public	http://medicalxpress.com/news/2012-04-psychiatrists-desensitizing.html			1			Labels about bipolar conditions cause stigma.
Richard Dreyfuss talks about living with bipolar disorder	http://health.heraldtribune.com/2012/04/03/looking-for-richard/					1	Study about the implications of labeling a given state of being as a mental illness.
Omega-3 and bipolar disorder	http://www.examiner.com/wellness-in-chicago/omega-3-and-bipolar-disorder				1		Increasing omega-3s in someone's diet might lead to a decrease in depressive symptoms, but not in manic symptoms.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
What Does Bipolar Disorder Really Look Like?	http://www.huffingtonpost.com/tracey-marks-md/bipolar-disorder_b_1365771.html			1			Article explains the lack of understanding in society about the inability that a person with bipolar disorder might have when it comes to making rational decisions and explains the complexity of the symptoms.
		3.5	7.5	21	1	7	40

National Alliance on Mental Illness- (4/15/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Medicaid Parity	https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Medicaid/Medicaid-Parity					1	Article explaining Medicaid Parity Laws
Sorry I'm Not Fun Anymore	http://www.nami.org/Personal-Stories/Sorry-I%E2%80%99m-Not-Fun-Anymore			1			Author apologizing to peers or family members for not knowing how to function during any state.
May The Skunk Whisperer Be With You	https://www.nami.org/Blogs/NAMI-Blog/April-2016/May-The-Skunk-Whisperer-Be-With-You		1				Tips on how to handle a mental health crisis effectively to help put patients and care givers at ease.
Making Sense	http://www.nami.org/Personal-Stories/Making-Sense			1			Author describes his/her own struggle and confusion with depression after sibling's death.
Focus on Your Recovery	http://www.nami.org/Personal-Stories/Focus-on-Your-Recovery		1				Author advocates to focus on recovery as the best coping mechanism.
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/			1			Article about obsessive symptoms that might accompany mania or depression
Five Ways to Stay Productive During Depression	https://www.nami.org/Blogs/NAMI-Blog/April-2016/Five-Ways-to-Stay-Productive-During-Depression		1				Tips for staying productive during depression
It Gets Better	http://www.nami.org/Personal-Stories/It-Gets-Better			1			Author describes struggle with depression, anxiety, and anger management issues.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
NAMI Media Watch: Hacking Brains, Looking to the Future	https://www.nami.org/Blogs/NAMI-Blog/April-2016/NAMI-Media-Watch-Hacking-Brains,-Looking-to-the-F			1			Potential future medical tools.
Fixing the Vase	http://www.nami.org/Personal-Stories/Fixing-the-Vase	0.5		0.5			Author's description of her behaviors and symptoms and portraying the two as inevitably linked.
Patty Duke, Miracle Worker for Mental Health	https://www.nami.org/Blogs/From-the-CEO/March-2016-(1)/Patty-Duke-Miracle-Worker-for-Mental-Health					1	Article exalting the status of a mental health advocate.
Patty Duke's Greatest Role: Mental Health Pioneer	http://www.newsmax.com/Health/Headline/Patty-Duke-Bipolar-Disorder/2016/03/30/id/721489/			1			Article about Patty Duke's role in spreading stigmatizing ideas
More Than Surviving	http://www.nami.org/Personal-Stories/More-Than-Surviving	1					Article describing the journey a patient went through.
Should Depression Screenings be a Part of Primary Care?	http://www.nami.org/Blogs/NAMI-Blog/March-2016/Should-Depression-Screenings-be-a-Part-of-Primary			1			Article encouraging for physicians to screen for depression as part of general health assessments.
Bipolar and Spring Mania: 5 Steps to Reduce Symptoms	http://www.bphope.com/spring-fever/			0.5	0.5		Articles about tools to prevent an escalation of mania in order to help prevent undesirable behaviors.
Transformation: Recovery Oriented Cognitive Therapy for Schizophrenia	http://www.nami.org/Blogs/NAMI-Blog/March-2016/Transformation-Recovery-Oriented-Cognitive-Therap			1			Article about the development of positive psychology strategies to help patients achieve recovery.

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We Don't Have to Just Tolerate	http://www.nami.org/Personal-Stories/We-Don't-Have-to-Just-Tolerate				1		Article about facing the reality of our own behavioral flaws as a way to learn about our condition through acceptance.
Redefining My Normal	http://www.nami.org/Personal-Stories/Redefining-My-Normal			1			Article stressing the inability to function and crediting Bipolar Disorder for it.
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/		0.5	0.5			Article listing advice about what a person with bipolar should not do.
Mental illness: Families cut out of care	http://www.usatoday.com/story/news/2016/02/26/privacy-law-harms-care-mentally-ill-families-say/80880880/		0.5	0.5			Article advocating for family involvement under the assumption that a person with a mental condition is not fit to care for him/herself.
How America's criminal justice system became the country's mental health system	http://www.vox.com/2016/3/1/11134908/criminal-justice-mental-health			1			Article advocating for special treatment towards people with a mental "illness" diagnosis from police officers during their duty operations
My Mental Health	http://www.nami.org/Personal-Stories/My-Mental-Health		1				Article about using therapy as a treatment and diagnostic tool.
Monthly Media Watch: Politics, Language and Stigma	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Monthly-Media-Watch-Politics,-Language-and-Stigma					1	Article encouraging people with mental conditions to listen attentively to political candidates and their stand on mental health.
Ensuring a Safe Hospital Environment	http://www.nytimes.com/2016/02/24/opinion/ensuring-a-safe-hospital-environment.html					1	Article about the training that public service employees should undergo to both keep their safety and the safety of those with mental conditions in an appropriate measure.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Sharing and Spreading Hope in the African American Community	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Sharing-and-Spreading-Hope-in-the-African-American			1			Article about taking a stand against mental health stigma as a person of color.
Bipolar & Irritability: Touchy Tempers Signal Mood Shift	http://www.bphope.com/all-the-rage/	0.5		0.5			Article about recognizing symptoms early enough to prevent them from occurring.
Providing Care for the Caregiver	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Providing-Care-for-the-Caregiver			1			Article about a parent enabling the idea of the disability attached to a mental condition.
Bipolarish: A Tale of Two Seasons	http://www.nami.org/Personal-Stories/Bipolarish-A-Tale-of-Two-Seasons			1			Article about author's experience of mania and depression.
Learning to Love Myself— and My Bipolar Disorder	http://www.nami.org/Personal-Stories/Learning-to-Love-Myself-and-My-Bipolar-Disorder			1			Article about author's experience through manic and depressive and manic episodes and her inability to cope.
People Abuse the Word Schizophrenic on Twitter—and That's Terrible	http://www.slate.com/blogs/future_tense/2016/02/18/people_abuse_the_word_schizophrenic_on_twitter_that_s_terrible.html					1	Article about a study performed on schizophrenia related tweets.
Mental Illness in the Oval Office	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Mental-Illness-in-the-Oval-Office					1	List of presidents who are believed to have had a mental condition.
Clay Hunt Act Serves to Prevent Veteran Suicide	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Gone-But-Never-Forgotten-Clay-Hunt-Act-Anniversar		1				Article explains the Clay Hunt Act and its role in the treatment of mental conditions through the Veteran Affairs health system.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Depression Survival Guide	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Depression-Survival-Guide		1				List of tips and tools to help someone cope with a depressive episode.
Sadness Is All I've Ever Known	http://www.nami.org/Personal-Stories/Sadness-Is-All-I-ve-Ever-Known			1			Article about learning to function during remission only.
Trading Benders for Bending Metal	https://www.nami.org/Blogs/NAMI-Blog/February/Trading-Benders-for-Bending-Metal		1				Article about focusing his attention on the gym to help lower the intensity of his state.
Dear Mom	http://www.nami.org/Personal-Stories/Dear-Mom					1	A daughter's letter to her mom who committed suicide.
A Heartbreaking Realization	http://www.nami.org/Personal-Stories/A-Heartbreaking-Realization					1	A woman's story about feelings of guilt for not being able to be authentic to her friend about an eating disorder.
Winter Blues? You're Not Imagining Them	http://www.bphope.com/winter-blues-youre-not-imagining-them/	1					A description of symptoms to help a person identify whether or not he or she is experiencing depression.
Understanding Ryan	http://www.nami.org/Personal-Stories/Understanding-Ryan			1			Article about the difficulty that a person with schizophrenia has while experiencing symptoms.
This Wounded Bird Can Still Fly	http://www.nami.org/Personal-Stories/This-Wounded-Bird-Can-Still-Fly			1			Article about surviving an abusive relationship and considering that a mental health "win".
		3	11.5	16.5	1	8	40

BP Magazine for Bipolar - (4/18/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
3 Clues For Recognizing Mania In The Eyes, Plus Other Physical Symptoms	http://www.bphope.com/blog/your-eyes-hold-the-clues-how-to-read-the-eyes-to-spot-euphoric-and-dysphoric-bipolar-disorder-mania/	1					Article about physical facial clues to help identify a person's mood state.
Canadians suffer much higher stigma than Koreans	http://www.bphope.com/canadians-suffer-much-higher-stigma-than-koreans/					1	Article reports of a study about stigma and bipolar disorder between two countries.
Exercise – 6 Tips on How to Set Your Goal AND Reach Your Target	http://www.bphope.com/blog/exercise-6-tips-on-how-to-set-your-goal-and-reach-your-target/				1		Tips for sticking to exercise routines during a given mood state that might "hinder" functionality.
Parents Panel: Considering care outside the home— hospitalization and schools	http://www.bphope.com/kids-children-teens/considering-care-outside-the-home-hospitalization-and-schools/		0.5	0.5			Article with tips for parents of mentally ill children who need to consider outpatient care
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/				1		Article about obsessive symptoms that might accompany mania or depression
Living with bipolar: Acting on impulse	http://www.bphope.com/mind-over-mood-acting-on-impulse/	0.5		0.5			Article describing dimensions of impulsivity and their relationship to bipolar.
Low self-recognition and awareness of past manic episodes	http://www.bphope.com/low-self-recognition-and-awareness-of-past-manic-episodes/		1				Article about the low awareness of manic symptoms in patients.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
VIDEO: Bipolar Disorder and Flight of Ideas With Creative Process	http://www.bphope.com/bipolar-stories-video-blog/video-bipolar-manias-accompanying-racing-thoughts-rapid-speech/			1			Article about a person's experience with racing thoughts and her inability to function during such state.
Parents Panel: Finding balance for the whole family	http://www.bphope.com/kids-children-teens/family-balance-normal-routine/			1			Coping tips for parents of children with a mental condition
Working through Anxiety at Work.	http://www.bphope.com/blog/working-through-anxiety-at-work/			1			Article from a person who has anxiety and difficulty coping with it.
Words from my husband dealing with my bipolar.	http://www.bphope.com/blog/words-from-my-husband-dealing-with-my-bipolar/			1			Husband describes his struggle in coping with his wife who is bipolar.
6 Empowering Principles for Seeing Fewer Problems & More Possibilities	http://www.bphope.com/6-empowering-principles-for-seeing-fewer-problems-more-possibilities/			1			List of principles to help alleviate symptoms of depression or mania.
VIDEO: Bipolar & Fatherhood	http://www.bphope.com/bipolar-stories-video-blog/video-bipolar-fatherhood/			1			Article and video about a bipolar's father ultimate key for coping with mood swings: love.
Doubts over higher co-existing bipolar, rheumatoid arthritis rates	http://www.bphope.com/doubts-over-higher-co-existing-bipolar-rheumatoid-arthritis-rates/					1	Article about a study that show a coexisting link between bipolar and rheumatoid arthritis.
I'm Besties With My Ex-Wife Because I'm Bipolar	http://www.bphope.com/blog/im-besties-with-my-ex-wife-because-im-bipolar/			1			Article in which a husband is attributing his ability to stay friend with his ex-wife to his mental condition.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
5 Tips When You Feel Like You Can't Do Anything!	http://www.bphope.com/blog/what-to-do-when-you-feel-like-you-cant-do-anything/		1				Tips for coping with depressive episode.
Relationships and the Bipolar Trap	http://www.bphope.com/relationships-and-the-bipolar-trap/			1			Tips for learning how to be an appropriate friend
Living with bipolar: The power of journaling	http://www.bphope.com/the-power-of-the-page/		1				Article about using journaling as a tool to help lower the intensity of a state.
Patients with Severe Mental Illness Rarely Tested for Diabetes, Despite High Risk, Study Shows	http://www.bphope.com/patients-with-severe-mental-illness-rarely-tested-for-diabetes-despite-high-risk-study-shows/	1					Article advocating for changes in treatment and diagnosis of general physical screenings to accomodate for people with mental conditions because they are considered a "high risk population.
Refusing to be silent about mental health	http://www.bphope.com/blog/refusing-to-be-silent-about-mental-health/			1			Article about the importance to speak up about mental conditions.
Kids, Bipolar & "Mission Mode": Fixation and Obsessive Agendas	http://www.bphope.com/kids-children-teens/kids-bipolar-obsessive-agendas-aka-mission-mode/			1			Article describing behavioral tendencies of children diagnosed with bipolar and the parents inability to cope.
Is It Bipolar Disorder or Depression? Making the Diagnosis	http://www.bphope.com/blog/is-it-bipolar-disorder-or-depression-making-the-diagnosis/	0.5		0.5			A doctor's introduction to the community and her take on diagnosis and speech forms regarding bipolar.
Mania or Depression? Signs Things May Be Breaking Down	http://www.bphope.com/blog/mania-or-depression-signs-things-may-be-breaking-down/	0.5		0.5			Article listing symptoms and behaviors as clues to look for during a given state to help prevent escalation.
Living with Bipolar: Please don't stop the music	http://www.bphope.com/on-my-mind-please-dont-stop-the-music/		1				Using musing as a tool to lower the intensity of a state

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Questions to Ask Yourself When Emotionally Stuck	http://www.bphope.com/blog/questions-to-ask-yourself-when-emotionally-stuck/		1				Questions to encourage accepting what cannot be changed.
The Other Side of the Bipolar Rainbow	http://www.bphope.com/blog/the-other-side-of-the-bipolar-rainbow/					1	Encouraging poem.
Bipolar in kids: Solutions to social isolation	http://www.bphope.com/kids-children-teens/bipolar-in-kids-solutions-to-social-isolation/			1			Tips to help parents of bipolar children teach them how to make and keep friends.
Opening the door on hypersexuality	http://www.bphope.com/opening-the-door-on-hypersexuality/			1			Article warning against the risky behavior that hypersexuality might bring upon a bipolar person.
The courage to 'come out'	http://www.bphope.com/the-courage-to-come-out-2/			1			Article offering advice on the subject of telling the world about a bipolar diagnosis.
What to watch for in bipolar depression: Anxiety	http://www.bphope.com/what-to-watch-for-in-bipolar-depression-anxiety-2/			1			Article describing anxiety attacks as impending switch to mania.
Life with Bipolar: To My Loved Ones, You Deserve Better	http://www.bphope.com/blog/life-with-bipolar-to-my-loved-ones-you-deserve-better/			1			A person acknowledging her faults and letting her family know that they deserve better.
Raising kids with bipolar: On moods, hypersexuality & genetics	http://www.bphope.com/kids-children-teens/raising-kids-with-bipolar-on-moods-hypersexuality-genetics/			1			A parent's struggle in coping with her child's mood swings and advice from Bp Magazine.
The Importance of Establishing a Routine	http://www.bphope.com/blog/the-importance-of-establishing-a-routine/		0.5	0.5			Article about using routine as a tool to help prevent "psychiatric imbalances".

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/		0.5	0.5			Article listing advice about what a person with bipolar should not do.
Talk therapy: 7 ways to help your partner help you	http://www.bphope.com/talk-therapy-7-ways-to-help-your-partner-help-you/		1				Article about making a plan of action and sharing it with a partner.
New Mood Disorders Program Aims to Advance Treatments, Erase Stigma	http://www.bphope.com/new-mood-disorders-program-aims-to-advance-treatments-erase-stigma/		1				Article about a grant given to a research institution to study bipolar further and come up with new tools and treatment for treating mental conditions.
How Routines Help Stabilize My Bipolar	http://www.bphope.com/blog/how-routines-help-stabilize-my-bipolar/		1				Using routines as a tool to help prevent depression from occurring.
The Benefits of Friends with Bipolar	http://www.bphope.com/blog/the-benefits-of-friends-with-bipolar/			1			Article describing the experience of having a bipolar friend and finding similarities in certain behaviors.
Bipolar in kids: Knowing when it's more than "Acting Out"	http://www.bphope.com/kids-children-teens/bipolar-in-kids-knowing-when-its-more-than-acting-out/	0.5		0.5			Articles about tips to help parents determine when their child is having behavior that is linked to bipolar.
Bipolar Disorder & Anger: Stuck on the rage road!	http://www.bphope.com/stuck-on-the-rage-road/			1			Article explores relationship between irritability and bipolar disorder.
		4	9.5	23.5	0	3	40

Bipolar Advantage - (4/4/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Learning to Be Bipolar Vs Waiting to Crash	https://www.psychologytoday.com/blog/bipolar-advantage/201603/learning-be-bipolar-vs-waiting-crash				1		Article exposes the possibility of learning to function fully during manic and depressive episodes.
High Functioning Depression, a New Breakthrough	https://www.psychologytoday.com/blog/bipolar-advantage/201602/high-functioning-depression-new-breakthrough				1		Article about being as productive during depression as in any other state.
How Do We Measure Success In Treating Bipolar Disorder?	https://www.psychologytoday.com/blog/bipolar-advantage/201601/how-do-we-measure-success-in-treating-bipolar-disorder				1		Article about the development of functionality assessments as a tool to measure functionality, awareness, and the understanding of mania and depression
Is Bipolar Still In Disorder Really The Best We Can Do?	https://www.psychologytoday.com/blog/bipolar-advantage/201601/is-bipolar-still-in-disorder-really-the-best-we-can-do				1		Article about rising above the self-assumed stigma that we cannot do or be greater things because of our mental conditions.
X-Men: Days of Future Past Explores Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201405/x-men-days-future-past-explores-bipolar-disorder				1		Article exposes the metaphorical similarities that can be found between x-men and people with bipolar disorder.
We Are the X-Men	https://www.psychologytoday.com/blog/bipolar-advantage/201405/we-are-the-x-men				1		Article exposes the metaphorical similarities that can be found between x-men and people with bipolar disorder.
Feelings vs. Reactions	https://www.psychologytoday.com/blog/bipolar-advantage/201402/feelings-vs-reactions				1		Article about learning to make the difference between how we feel and our reactions.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
The Most Important Thing To Know During Bipolar Episodes	https://www.psychologytoday.com/blog/bipolar-advantage/201504/the-most-important-thing-know-during-bipolar-episodes				1		Article discusses the most important thing to know during bipolar episodes: how to function while in a state.
The Gifts of Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201504/the-gifts-depression				1		Author describes the meaningful gifts that she has found in depression.
Confusing How and Why Is Prolonging The Suffering in Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201502/confusing-how-and-why-is-prolonging-the-suffering-in-bipolar				1		Article explains what remission is and how it is an unrealistic expectation according to the Step-BD study.
Confusing How and Why Is Prolonging The Suffering in Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201502/confusing-how-and-why-is-prolonging-the-suffering-in-bipolar		1				Article explains the reason why we all seek treatment; to end all suffering.
Bipolar People Get Angry Too	https://www.psychologytoday.com/blog/bipolar-advantage/201312/bipolar-people-get-angry-too				1		Article about how dealing with intense states has taught bipolar people to handle more intense anger states as well.
It Gets Better: Ending The Stigma Of Bipolar Mental Illness	https://www.psychologytoday.com/blog/bipolar-advantage/201311/it-gets-better-ending-the-stigma-bipolar-mental-illness				1		Article about taking a stand and not succumbing to the stigma that we are "ill".
Are You Fighting Stigma Or Causing It?	https://www.psychologytoday.com/blog/bipolar-advantage/201311/are-you-fighting-stigma-or-causing-it				1		Article describes stigma and how succumbing to it is diminishing our potential.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
How Depression Prepared Me For A Death In The Family	https://www.psychologytoday.com/blog/bipolar-advantage/201511/how-depression-prepared-me-death-in-the-family				1		Article about how the understanding of depression was helpful in turning the experience of a family death from a burden to an asset.
Choosing Mania or Depression Without Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201411/choosing-mania-or-depression-without-disorder				1		Article describes how learning to choose our states changes our perspective on bipolar disorder.
How I Found Ecstasy In Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201207/how-i-found-ecstasy-in-depression				1		Article about how depression is a meaningful experience that contributes to finding beauty in every moment of our lives.
Is Bi-Cycling Delusion Keeping Your Bipolar In Disorder?	https://www.psychologytoday.com/blog/bipolar-advantage/201308/is-bi-cycling-delusion-keeping-your-bipolar-in-disorder				1		Article explains about the delusions of remission and the role they play in holding us back.
Advantages in Bipolar: No Longer If, But Why and How	https://www.psychologytoday.com/blog/bipolar-advantage/201306/advantages-in-bipolar-no-longer-if-why-and-how				1		Article explaining how advantages of being bipolar have been accepted by the medical community.
What Depressives Can Teach Doctors About Grieving	https://www.psychologytoday.com/blog/bipolar-advantage/201205/what-depressives-can-teach-doctors-about-grieving				1		Article about how the advantages of being depressed can help a doctor be a more caring professional.
Accounting For Time In Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201303/accounting-time-in-depression-and-bipolar-disorder				1		Article about the role that time and intensity plays in turning bipolar disorder into an advantage in our lives.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Finding Value in Depression and Mania	https://www.psychologytoday.com/blog/bipolar-advantage/201302/finding-value-in-depression-and-mania				1		Article explores the relationship between value and functionality in bipolar disorder.
Taking Measurement of Bipolar Comfort	https://www.psychologytoday.com/blog/bipolar-advantage/201301/taking-measurement-bipolar-comfort				1		Article explains the importance of measuring for understanding, functionality and comfort in order to get a clear picture of a bipolar person's progress in the journey of personal growth.
Understanding Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201212/understanding-depression-and-bipolar-disorder				1		Article describes the importance of understanding how to function in order to know what to do with our states.
Better Awareness of Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201212/better-awareness-depression-and-bipolar-disorder				1		Article describes the important role of awareness and the impact it has on learning how to function during mania or depression.
The Elephant In The Bipolar Room	https://www.psychologytoday.com/blog/bipolar-advantage/201207/the-elephant-in-the-bipolar-room				1		Article points out the underlying assumptions behind disability, treatment, stigma, and patient rights arguments regarding bipolar and depression.
The Six Stages Of Bipolar and Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201209/the-six-stages-bipolar-and-depression				1		Article explains the stages of moving from bipolar disorder to bipolar in-order.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bipolar IN Order Is Not Remission	https://www.psychologytoday.com/blog/bipolar-advantage/201207/bipolar-in-order-is-not-remission				1		Article explains the distinction between remission and having Bipolar IN Order.
Why I Am Against Remission For Depression and Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201304/why-i-am-against-remission-depression-and-bipolar				1		Article about challenging the premise of remission as the end goal of treatment.
Why I Am Against Bipolar Meds	https://www.psychologytoday.com/blog/bipolar-advantage/201206/why-i-am-against-bipolar-meds		1				Article about the role of medicines as part of the process of turning bipolar from a disordered condition to an IN order condition.
The Avengers — Dr. Banner's Wisdom About Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201205/the-avengers-dr-banners-wisdom-about-bipolar				1		Article explains that the secret to getting bipolar IN order is the same as for anger.
Where Is the Line Between Hypomania and Out of Control?	https://www.psychologytoday.com/blog/bipolar-advantage/201204/where-is-the-line-between-hypomania-and-out-control				1		Article exposes the idea of learning to function even during higher intensity manic states.
Driving While Bipolar	http://blogs.webmd.com/mental-health/2011/05/driving-while-bipolar.html				1		Article explains about the possibility to learn to function even during manic and depressive episodes.
Going With The Flow To Achieve Bipolar In Order	https://www.psychologytoday.com/blog/bipolar-advantage/201103/going-the-flow-achieve-bipolar-in-order				1		Article explains about the flow of energy and its relationship to achieving Bipolar IN Order.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
The Black Swan of Bipolar and Depression	http://blogs.psychcentral.com/bipolar-advantage/2011/02/the-black-swan-of-bipolar-and-depression/				1		Article challenges the idea that depression can only be experienced as an evil omen.
Bipolar Children of Undiagnosed Parents	https://www.psychologytoday.com/blog/bipolar-advantage/201309/bipolar-children-undiagnosed-parents		1				Article about the role a family member plays in helping with the behavioral goals of their loved one.
Bipolar Makes People Perfect	http://blogs.psychcentral.com/bipolar-advantage/2011/01/bipolar-makes-people-perfect/			1			Article about the premise that only a person with bipolar disorder is to blame for personal relationship issues or disagreements.
What Is Bipolar? What is Bipolar Disorder? Bipolar In Order?	http://blogs.psychcentral.com/bipolar-advantage/2010/11/what-is-bipolar-what-is-bipolar-disorder-bipolar-in-order/				1		Article explains the difference between bipolar disorder and bipolar IN Order.
Suicide: Pro-Choice or Pro-Life?	http://blogs.psychcentral.com/bipolar-advantage/2010/03/suicide-pro-choice-or-pro-life/			1			Article explores the notion of treating a mental illness the same as a physical illness and the impact that such notion has on suicide.
Am I Still Depressed If I Don't Act Like It?	http://blogs.psychcentral.com/bipolar-advantage/2010/04/am-i-still-depressed-if-i-dont-act-like-it/				1		Article explores the idea of choosing how to respond to our states and what that means about the depressive state.
		0	3	2	35	0	40

Bipolar Disorder - New Life Outlook - (4/21/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bipolar within a Relationship: Making it Work	http://bipolar.newlifeoutlook.com/bipolar-and-relationships/			1			Article about bipolar and how it affects dating and marriage.
Living with Bipolar Disorder	http://bipolar.newlifeoutlook.com/living-bipolar-disorder/			1			Article claims that understanding and preventing mood swings is the best way to cope with the illness.
Bipolar Coping Strategies	http://bipolar.newlifeoutlook.com/bipolar-coping-strategies/			1			Article with tips and tools to help prevent or avoid mood swings.
Cognitive Behavioral Therapy for Bipolar	http://bipolar.newlifeoutlook.com/cognitive-behavioral-therapy-for-bipolar/		0.5	0.5			Author describes her journey with CBT as a tool for managing her mood swings and the behaviors that accompany the moods.
Bipolar Hypomania: Understanding This Dangerous State	http://bipolar.newlifeoutlook.com/hypomania-in-bipolar-disorder/			1			Article with a list of symptoms and behavioral choices mistakenly attributed to bipolar disorder.
Symptoms of Bipolar	http://bipolar.newlifeoutlook.com/symptoms-bipolar/	1					Article listing symptoms and describing the suffering accompanying them.
Bipolar and Grief: What to Expect	http://bipolar.newlifeoutlook.com/bipolar-and-grief/			1			Article explaining the emotional upheaval of grief and tips for how to reduce the intensity of it for a person with bipolar disorder.
Understanding a Bipolar Crisis	http://bipolar.newlifeoutlook.com/understanding-a-bipolar-crisis/			1			Article with author blaming the lack of self-control on triggers.
Balancing School With Bipolar	http://bipolar.newlifeoutlook.com/balancing-school-with-bipolar/			1			Article describing how difficult it is for a person with bipolar disorder to balance school work.
Bipolar and Loneliness: How to Avoid Isolation	http://bipolar.newlifeoutlook.com/bipolar-and-loneliness/			1			Article with tips for maintaining relationships and finding friends.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bipolar and Feeling Like a Failure	http://bipolar.newlifeoutlook.com/bipolar-and-feeling-like-a-failure/			1			Article describing what not feeling good enough is and a list of tips for thinking we are doing our best.
Types of Bipolar	http://bipolar.newlifeoutlook.com/types-bipolar/	1					Article describes different types of bipolar and their specifiers.
Bipolar and Anxiety	http://bipolar.newlifeoutlook.com/bipolar-anxiety/	0.5		0.5			Article explains the difference between bipolar and anxiety disorders and how together these conditions are catastrophic to the person experiencing them.
The Importance of Normalizing Mental Illness	http://bipolar.newlifeoutlook.com/normalizing-mental-illness/			1			Article about how unfair it feels to not be normal and advocating for people to accept that having bipolar is ok.
Bipolar Mixed State and Its Risks	http://bipolar.newlifeoutlook.com/bipolar-mixed-state/	0.5		0.5			Article explaining the symptoms and diagnostic criteria of mixed states along with a story of a person who cannot function while the state is happening.
Getting Through a Bipolar Manic Episode	http://bipolar.newlifeoutlook.com/bipolar-manic-episode/			1			Article describing the devastating side of a manic episode advocating for a prevention and reduction of symptoms as the best solution.
My Story: Julie Packard	http://bipolar.newlifeoutlook.com/story/julie-packard/			1			Article relating Julie's story about the difficulty of living with bipolar disorder.
The Value of Mood Monitoring for Bipolar Disorder Management	http://bipolar.newlifeoutlook.com/mood-monitoring-for-bipolar-disorder/		0.5	0.5			Article about using mood journaling or mood charting to learn to identify mood swings and what causes them in order to prevent or minimize their effect.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bipolar and ADHD: Similarities and Differences	http://bipolar.newlifeoutlook.com/bipolar-and-adhd-similarities-and-differences/	1					Article describing similarities and differences between bipolar and ADHD
Bipolar and Friendships – Part 2	http://bipolar.newlifeoutlook.com/friendship-with-bipolar/			1			Tips for people with bipolar during a crisis and for friends on how to best manage the situation and keep the friendship bond.
Coping with Feelings	http://bipolar.newlifeoutlook.com/coping-feelings/		1				Tips on how to handle feelings
Personal Boundaries	http://bipolar.newlifeoutlook.com/personal-boundaries/					1	Article about establishing personal boundaries.
Dealing With Bipolar Medication Side Effects	http://bipolar.newlifeoutlook.com/bipolar-medication-side-effects/		1				Article about the effects of using medication as the only way to manage symptoms which never go away.
Impulse Control	http://bipolar.newlifeoutlook.com/impulse-control/			1			Article explains the link between hypomania/mania, impulsivity and high risk behaviors.
Understanding Your Bipolar Triggers	http://bipolar.newlifeoutlook.com/bipolar-triggers/			1			Article with a list of triggers and tips for avoiding them in order to prevent or diminish mood swings.
How Your Hormones Can Impact Your Bipolar Disorder	http://bipolar.newlifeoutlook.com/hormones-and-bipolar-disorder/	1					Article about hormones and their effect on mood swings.
Have You Considered ECT for Bipolar?	http://bipolar.newlifeoutlook.com/ect-for-bipolar/		1				Article about using ECT to help reduce or remove moods altogether.
Managing Bipolar Disorder	http://bipolar.newlifeoutlook.com/managing-bipolar-disorder/		1				Article with tips on how to minimize how worse bipolar gets over time.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bipolar and Pregnancy	http://bipolar.newlifeoutlook.com/bipolar-pregnancy/			1			Article about educating yourself on how to cope with bipolar during pregnancy.
Bipolar Mood Disorders	http://www.postpartum.net/learn-more/bipolar-mood-disorders/	1					Article with list of symptoms and how to get diagnosed.
Is Bipolar Real?' Dealing with Disbelief	http://bipolar.newlifeoutlook.com/is-bipolar-real/			1			Article about the reality of having bipolar disorder and accepting that because of it one cannot function.
How Bipolar Can Impact Your Communication Skills	http://bipolar.newlifeoutlook.com/bipolar-and-communication/			1			Article about how mood swings affect communication skills.
Bipolar Support: Why You Need Your Friends and Family	http://bipolar.newlifeoutlook.com/getting-family-support/		1				Article about how friends and family can assist a person with bipolar manage their symptoms.
Being a Mom with Bipolar	http://bipolar.newlifeoutlook.com/being-a-mom-with-bipolar/			1			Article about how the author is a great bipolar mom through the avoidance of triggers and using medication to prevent mood swings.
Bipolar and Sensitivity	http://bipolar.newlifeoutlook.com/bipolar-and-sensitivity/			1			Article about emotional sensitivity, how it relates to mood swings and tips to manage sensitivity.
Mental Health in the Media	http://bipolar.newlifeoutlook.com/mental-health-media/			1			Article describing the insensitivity and lack of understanding in our society about the suffering of having a mental illness
Bipolar and Hobbies	http://bipolar.newlifeoutlook.com/bipolar-hobbies/		1				Using hobbies as a tool to channel manic or depressive feelings into.
Gender Difference in Bipolar	http://bipolar.newlifeoutlook.com/gender-difference-in-bipolar/	1					Article about the gender symptomatic differences observed in bipolar disorder.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
How to Sleep Better With Bipolar	http://bipolar.newlifeoutlook.com/sleep-better-bipolar/		1				Article with tips and tools advocating to prevent lack of sleep as it can trigger a mood swing episode.
My Story: Amanda Frederick	http://bipolar.newlifeoutlook.com/story/amanda-frederick/			1			Article about Amanda's inability to cope with her mood swings and how she is an example to follow.
		7	9	23	0	1	40

My Bipolar Disordered Life - (4/21/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Could a brain "growth chart" spot attention problems early? New study suggests so	http://www.uofmhealth.org/news/archive/201604/could-brain-growth-chart-spot-attention-problems-early-new					1	Article about the development of brain growth charts to help assess whether or not a person is developing according to some brain developmental standard system.
Internalizing What Other People Think of Bipolar Disorder	http://www.healthplace.com/blogs/breakingbipolar/2016/01/internalizing-what-other-people-think-of-bipolar-disorder/			1			Article about coping with what others think of bipolar disorder.
Bernie Sanders Calls for Mental Health Treatment "Revolution" at Democratic Debate	http://mic.com/articles/132804/bernie-sanders-calls-for-mental-health-treatment-revolution-at-democratic-debate#.Pp3Z2KHmn					1	Article about a politicians position on mental healthcare.
"The Challenges of Mental Illness"	http://www.thechallengesofmentalillness.com/p/mental-health-bipolar-suicide.html		1				Article about suicide scientific facts and ways to prevent it.
What is The Lines Project?	http://realgirlland.com/lines-project/					1	Article advocating for people to draw lines on their wrists to help raise suicide awareness.
		0	1	1	0	3	5

Healthline: Living With Bipolar Disorder - (4/22/2016).

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
UnitedHealthcare Bails Out of Obamacare: What Does It Mean?	http://www.healthline.com/health-news/unitedhealthcare-bails-out-of-obamacare#1					1	Article about a major healthcare provider opting out from Obamacare.
Treating Depression, Anxiety Saves Everyone Money	http://www.healthline.com/health-news/treating-depression-anxiety-saves-everyone-money			1			Article about the economical impact that treating depression has on the economy.
Understanding Bipolar Disorder Episodes	http://www.healthline.com/health/bipolar-disorder/episodes	1					Article describes symptoms and the negative and catastrophic impact they have on those who experience them
How to Help Someone with Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/caregiver-support	0.5		0.5			Article explains what bipolar disorder is and mistakenly links behaviors to mood swings.
Is There a Connection Between Bipolar Disorder and Lying?	http://www.healthline.com/health/bipolar-disorder/bipolar-and-lying			1			Article attributes the behavior of lying to bipolar disorder's mood swings
Drugs to Treat Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/drugs-medications-overview		1				Article describing different drugs to help lower the intensity of a state or prevent it all together.
Project Looks at Why Some People Don't Get Diseases	http://www.healthline.com/health-news/why-some-people-dont-get-diseases					1	Article about a study on why some people are resilient to disease.
Yes I have a mental illness. No, I'm not crazy'	http://www.iol.co.za/lifestyle/family/parenting/yes-i-have-a-mental-illness-no-im-not-crazy-2010259			1			Article about a person with bipolar disorder who is an example to follow even though he cannot function well during episodes.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
What You're Doing to Sabotage Your Sleep	http://www.healthline.com/health/healthy-sleep/how-to-sleep-better			1			Tips for getting a good quality sleep as a way to prevent certain states.
I Thought I Was the Only One I Knew With Bipolar Disorder	http://themighty.com/2016/03/when-you-dont-know-anyone-else-who-lives-with-bipolar-disorder/			1			Article about the author's struggle to find other people with the bipolar diagnosis.
7 Ways to Treat the Depressive Episodes of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/depression	0.5	0.5				Tips for treating depression and for boosting a person's mood in order to avoid the state.
Could it Be Bipolar? - Seven Signs to Look For	http://www.healthline.com/health/could-it-be-bipolar-seven-signs-to-look-for	1					Article describing the criteria for bipolar disorder.
Relationships and Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/relationships			1			Article explaining how difficult it is for someone with bipolar to function and how this affects intimate relationships.
Bipolar Disorder & Sexual Health	http://www.healthline.com/health/bipolar-disorder/sexual-health			1			Article linking sexual behavior to mood states.
Bipolar Disorder: A Guide to Therapy	http://www.healthline.com/health/bipolar-disorder/therapist-visit-guide			1			Article with tips on how to go about seeing a therapist.
What Are the Benefits of Sunlight?	http://www.healthline.com/health/depression/benefits-sunlight			1			Article about using sunlight to help treat SAD.
12 Things You Should Never Say to Someone with a Chronic Health Condition	http://www.healthline.com/health-news/ms-12-things-not-to-say-022814			1			Article describing what should not be said to someone who is ill.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
5 Realities of Living With Bipolar Disorder	http://blogs.psychcentral.com/bipolar-laid-bare/2016/02/5-realities-of-living-with-bipolar-disorder/			1			Article describes bipolar as frustrating and negates any possibility of it being a positive condition to anyone.
Can Technology Really Help You Sleep Better?	http://www.healthline.com/health-news/can-technology-really-help-you-sleep-better-022416		1				Article about treating sleep deprivation with technology and whether or not it actually works
Talking About It: When to Disclose Your Condition	http://www.healthline.com/health/bipolar-disorder/talking-about-it			1			Article about disclosing your condition.
the Effects of Sleep Deprivation on the Body	http://www.healthline.com/health/sleep-deprivation/effects-on-body					1	Article explains the physical effects of sleep deprivation on our physical health.
How Can Exercise Help Bipolar Disorder?	http://www.healthline.com/health/bipolar-disorder/exercise			1			Article explains how exercise can either aggravate manic symptoms or make it difficult to keep up with during depression.
Caregivers: Caring For Yourself	http://www.healthline.com/health/bipolar-disorder/caregiver-caring-for-yourself			1			Tips for anyone caring for a person with bipolar disorder
Understanding Bipolar Disorder Episodes	http://www.healthline.com/health/bipolar-disorder/episodes	0.5		0.5			Article explaining the symptoms of bipolar disorder and how difficult it is for a person to keep it together during episodes
Mouse Study Finds Link Between Mental Health & Diabetes	http://psychcentral.com/news/2016/02/08/mouse-study-finds-link-between-mental-health-and-diabetes/98818.html		1				Article about study linking diabetes and some mental conditions and hoping this will help develop preventative treatments that will alleviate the debilitating effects of these conditions.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Why talking about depression and mental health on TV is so important	http://www.independent.co.uk/arts-entertainment/tv/bbc-in-the-mind-season-stephen-fry-why-talking-about-depression-and-mental-health-on-tv-is-so-a6855391.html			1			Article about how important TV can be in helping to spread stigmatizing ideas on mental health.
Family Therapy	http://www.healthline.com/health/bipolar-disorder/family-therapy			1			Using family therapy as a way to help the person with bipolar disorder.
Bipolar treatment: Genetics change people's response to lithium, study finds	http://www.abc.net.au/news/2016-01-22/bipolar-treatment-revolution-lithium/7108158			1			Article about using lithium to remove states all together but genetic make up might interfere with lithium's effectiveness.
Cognitive Behavioral Therapy	http://www.healthline.com/health/bipolar-disorder/cognitive-behavioral-therapy			1			Article about using CBT to manage bipolar symptoms.
When Having a Mental Illness Is a Full-Time Job	http://themighty.com/2015/12/when-having-a-mental-illness-is-a-full-time-job1/					1	Article about collecting disability benefits and the struggle of living with bipolar.
Common Signs and Symptoms of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/common-signs-symptoms	0.5		0.5			Article about symptoms of bipolar, behavioral choices attached to the symptoms and their catastrophic effect in a person's life.
3 Natural Ways to Calm Your Child's Anxiety	http://www.healthline.com/health/childrens-health/ways-to-calm-child-anxiety			1			Article with tools for helping children to cope with anxiety symptoms.
Meditation: Escape the Heat to Explore Your Mind	http://www.healthline.com/health/meditation-escape-heat-explore-your-mind			1			Article about using meditation as an escape technique for lowering the discomfort of any state.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Foods and Supplements That May Help Calm Your Nerves	http://www.healthline.com/health-slideshow/foods-beat-anxiety		1				Article about ingestible tools for managing bipolar disorder's symptoms.
Good Cheer, Goodwill, and Good Deeds: The Health Benefits	http://www.healthline.com/health/good-cheer-will-deeds					1	Article about how good deeds can help you feel good about yourself.
Pet Therapy	http://www.healthline.com/health/pet-therapy		1				Article about using pet therapy as a tool to reduce with mental condition's symptoms.
What Happens When You Vent Your Emotions on Facebook?	http://www.healthline.com/health-news/venting-emotions-facebook-contagious-031414					1	Article about the effects that sharing your mood state on Facebook might have on others.
The History of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/history-bipolar	0.5		0.5			Article about history and diagnostic features of bipolar disorder.
How to Speak Up and Avoid Diagnostic Errors	http://www.healthline.com/health-news/senior-health-speak-up-avoid-bad-diagnosis-030614					1	Article about taking an active role in your mental health diagnosis.
Types of Mental Health Professionals	http://www.healthline.com/health-slideshow/mental-health-professionals-types#1					1	Article defining the role of each mental health professional that a person with a mental condition might encounter.
		4.5	13.5	15	0	7	40

Bipolar Awareness~Stop the Stigma - (4/22/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Pediatric puzzles: Seeking a bipolar diagnosis in children	http://www.bphope.com/kids-children-teens/pediatric-puzzles-bipolar-diagnosis/	1					Article about the difficulty of diagnosing children with bipolar disorder.
Why Are Suicide Rates in the US Skyrocketing?	http://gizmodo.com/why-are-suicide-rates-in-the-us-skyrocketing-1772476970					1	Article explaining some of the causes for suicide rates in US.
10 Lessons Failure Teaches	http://psychcentral.com/blog/archives/2016/04/22/10-lessons-failure-teaches/		1				Article with a list of lessons one can learn from failure.
Federal Agency That Delivers Mental Health Services Doesn't Believe Serious Mental Illnesses Are Real! Huh?	http://www.petearley.com/2016/04/22/federal-agency-that-delivers-mental-health-services-doesnt-believe-serious-mental-illnesses-are-real-huh/			1			A federal agency sees mental conditions as neurodiversity but gets scrutinized over it.
US suicide rate soars to 30-year high in growing epidemic across America	http://www.theguardian.com/us-news/2016/apr/22/us-suicide-rate-30-year-high-growing-epidemic-across-america					1	Article about how economic downturn might have contributed to the rise on suicide rates.
Clarke Carlisle: 'I should be dead. I am delighted, blessed I can use my life'	http://www.theguardian.com/football/2016/apr/22/clarke-carlisle-i-should-be-dead-blessed-interview-burnley-qpr			1			Article about Clarke struggling with his depressive earlier and learning to spot them early on in order to prevent them.
I loved social work, until stories of despair and addiction got to me	http://www.theguardian.com/social-care-network/2016/apr/22/burnout-social-work-despair-addiction					1	Article about social care professional duties and burnout.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
St John Ambulance in WA on defensive in lead-up to suicide report release	http://www.abc.net.au/news/2016-04-22/st-john-ambulance-report-sparks-media-spin-push/7350454					1	Article reporting on the hospital's reaction to suicide reports.
Headspace urges father-son conversations to support mental health	http://www.abc.net.au/news/2016-04-22/headspace-encourages-father-son-conversations/7348820		1				Article with tips for fathers about how they could be helpful if they notice their son struggling with mood changes.
3 Hard Truths about Your Dream Job You Need to Accept	http://psychcentral.com/blog/archives/2016/04/21/3-hard-truths-about-your-dream-job-you-need-to-accept/		1				Article about the reality of following your dream job.
Bipolars, Rollercoasters, and Sex	https://bipolarjan.wordpress.com/2016/04/10/bipolars-rollercoasters-and-sex/			1			Article about how mania appears out of the blue and it is difficult to explain how terrible it is.
5 Foods to Avoid If You Have Bipolar Disorder	http://dailyfitnessadvice.org/5-foods-to-avoid-if-you-have-bipolar-disorder/		0.5	0.5			Article with certain food groups to avoid in order to help reduce or prevent states from occurring.
The foundations of schizophrenia may be laid down in the womb	https://www.newscientist.com/article/2085432-the-foundations-of-schizophrenia-may-be-laid-down-in-the-womb/					1	Research findings suggest schizophrenia could be genetically passed down.
Mindfulness for Children	http://psychcentral.com/blog/archives/2016/04/21/mindfulness-for-children/		1				Article about helping children to focus on something other than whatever feeling they may be experiencing in order to prevent the experience of unwelcomed emotions.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
How to Listen to Your Emotions	http://psychcentral.com/blog/archives/2016/04/21/how-to-listen-to-your-emotions/		1				Article with tips and tools to help one recognize emotions and become aware of their physical symptoms and their intensity.
Easing anxiety with healthy habits can help make life easier	http://www.abc.net.au/news/2016-04-21/simple-acts-to-ease-anxiety/7345822		1				Article with tools for reducing stress and coping with anxiety.
Mental health service cut concerns for South Australia as funding runs out	http://www.abc.net.au/news/2016-04-21/sa-mental-health-service-cuts-flagged-as-funding-runs-out/7344786					1	Article about budget cuts to mental health funding in Australia.
Mental health goals may not be met, audit office warns	http://www.theguardian.com/society/2016/apr/21/government-mental-health-goals-not-met-nao-warns		0.5	0.5			Article advocating for equal treatment and funding from government for mental health as compared to physical health and the challenge of meeting such goal.
Lost in Translation	http://psychcentral.com/blog/archives/2016/04/20/lost-in-translation/					1	Article about team work in the workplace.
Full moon rising, are you?	https://itsnotcrazytoday.com					1	Article about attaching moods to lunar cycles.
5 Ways to Accept Gratitude Fully	http://psychcentral.com/blog/archives/2016/04/20/5-ways-to-accept-gratitude-fully/					1	Article with tips on how to accept gratitude.
Addicted to Distraction	http://psychcentral.com/blog/archives/2016/04/20/addicted-to-distraction/	1					Article about how to recognize distraction addiction.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Treating Trichotillomania	http://psychcentral.com/blog/archives/2016/04/19/treating-trichotillomania/			1			Article about using hair extensions to treat trichotillomania.
FOX TV Show “Empire” & Bipolar Disorder	http://blogs.psychcentral.com/manic-depression/2016/04/19/fox-tv-empire-bipolar-disorder/					1	Article about a TV show scene that portrays bipolar disorder as something to be ashamed of.
Adam Goodes: AFL great to speak at Indigenous youth summit	http://www.theguardian.com/sport/2016/apr/20/adam-goodes-afl-great-to-speak-at-indigenous-youth-summit					1	Article about football player speaking at a youth summit.
German police free woman imprisoned in her mother's flat	http://www.theguardian.com/world/2016/apr/19/german-police-free-woman-imprisoned-in-her-flat						1 Article about the imprisonment of a person with learning difficulties by her own mother.
What does depression feel like? Trust me – you really don’t want to know	http://www.theguardian.com/commentisfree/2016/apr/19/depression-awareness-mental-illness-feel-like	1					Article about the experience of depression.
My path to Diagnosis	http://www.hshomemade.blogspot.com.au/2016/01/my-path-to-diagnosis-warning-long-post.html					1	Article about the behavioral choices during emotional periods that the author made which led her husband to suggest bipolar disorder as her condition.
3 Myths about Postpartum Depression that Too Many People Believe	http://psychcentral.com/blog/archives/2016/04/19/3-myths-about-postpartum-depression-that-too-many-people-believe/					1	Article about postpartum depression being a real "illness" in which a person might not be able to function as expected.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Hospitals offer A&E for people with mental health crisis	http://www.theguardian.com/society/2016/apr/19/nhs-a-and-e-mental-health-crises			1			Article about a new phone helpline that provides advice and guidance services to those with a mental condition.
Ayeeshia Jane Smith's murder must not be used to score points	http://www.theguardian.com/social-care-network/2016/apr/19/ayeeshia-jane-smith-murder-blame-politics					1	Article about the quality of social services in handling risky cases.
Running is good for your mental health – and I'm here to prove it	http://www.theguardian.com/lifeandstyle/the-running-blog/2016/apr/19/running-good-for-mental-health-england-athletics-ambassador-mind		1				Using running as a tool for increasing a sense of wellbeing.
I'd just burst into tears': the emergency workers dealing with PTSD	http://www.theguardian.com/society/2016/apr/19/burst-into-tears-emergency-workers-ptsd-post-traumatic-stress-disorder			1			Article about public services workers whom develop PTSD after dealing with traumatic experiences and what can be done to alleviate the burden.
Williamtown residents demand more mental health support for contamination crisis	http://www.abc.net.au/news/2016-04-19/residents-demand-more-mental-health-support-for-contamination/7336986			1			Article about the mental stress that residents of Williamtown are going through after learning about the contamination of their water system.
Daughter's book a tribute to north Queensland euthanasia campaigner's long romance	http://www.abc.net.au/news/2016-04-19/long-goodbye-a-tribute-to-euthenasia-campaigner's-long-romance/7330806					1	Article about a daughter's journey to write a book about her parents and their pro-choice suicide position.
How To Help Kids Make Knowledge Stick	http://blogs.psychcentral.com/always-learning/2016/04/how-to-help-kids-make-knowledge-stick/					1	Article with parenting tips on helping increase a child's academic confidence.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Bicycle Day marks LSD discovery by Albert Hoffman as psychotherapy research continues	http://www.abc.net.au/news/2016-04-19/bicycle-day-albert-hoffman-bsd-psychotherapy-research/7336712		1				Article about the remembrance of the discovery of LSD as a treatment for mental conditions.
The Creative Act of Forgiveness	http://psychcentral.com/blog/archives/2016/04/18/the-creative-act-of-forgiveness/		1				Article about choosing forgiveness.
With Depression, Nothing Is Permanent	http://psychcentral.com/blog/archives/2016/04/18/with-depression-nothing-is-permanent/		0.5		0.5		Use the idea of impermanence as a tool to get through depression and notice it is a passing emotion.
Refusing to be silent about mental health	http://www.bphope.com/blog/refusing-to-be-silent-about-mental-health/			1			Article about speaking out about mental illness.
		3	11.5	12	0.5	13	40

Musings of a Bipolar Hot Mess - (4/22/2016)

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
The Reality Check	http://bipolarhotmess.com/the-reality-check/					1	Article with a poem about struggling to function during mood swings.
The Elephant In The Room	http://bipolarhotmess.com/the-elephant-in-the-room-or-the-mouse-that-feels-like-the-elephant/					1	Article with a rant about the inability to cook.
what-is-there-to-lose	http://bipolarhotmess.com/what-is-there-to-lose/					1	Article about the inability to make a decision to try something new.
What Bipolar Disorder Really Feels Like.	http://dailyed.online/what-bipolar-disorder-really-feels-like/			1			Article explains how bipolar disorder damages relationships and hurts job performance on those who have it.
another-poem-that-goes-untitled	http://bipolarhotmess.com/another-poem-that-goes-untitled/					1	Poem unrelated to bipolar disorder.
can-you-accept-happiness	http://bipolarhotmess.com/can-you-accept-happiness/			1			Article about the inability to feel joyous because of the fear it might turn into a disaster.
how-hot-mess-really-became-the-bipolar-hot-mess	http://bipolarhotmess.com/how-hot-mess-really-became-the-bipolar-hot-mess-the-story-of-how-i-went-from-a-paralegal-with-a-bipolar-diagnosis-to-mental-health-advocate-with-a-catchy-name/			1			Article with a personal story of how the author used her bipolar disorder diagnosis to show how difficult it is to have the condition.
how-hot-mess-really-became-the-bipolar-hot-mess	http://bipolarhotmess.com/long-overdue-apology/			1			Article about attributing past negative behaviors to the bipolar condition.
Changing the inner can change the outer????	http://bipolarhotmess.com/894/					1	Article about personal opinion on someone's quote.

Name	URL	Diagnosis	Treatment	Stigma	Results	Other	Summary
Facebook Creates New Support Tool to Help People Who Are Suicidal	http://themighty.com/2016/04/facebook-creates-new-suicide-prevention-support-tool/					1	Article about Facebook procedures for reporting suicidal posts.
The Bipolar Hot Mess Who Isn't	http://blogs.psychcentral.com/dont-call-me-crazy/2016/04/the-bipolar-hot-mess-who-isnt/					1	Article about the author of the blog.
The Adult Bipolar Child: A Parent's Story	http://bipolarhotmess.com/a-parents-voice-on-life-with-an-adult-child-with-bipolar/			1			Article with a Q&A session with the parent of a person with bipolar disorder and the advice to other parents attributing catastrophic behavior to mood swings.
Every Night I Am Afraid	http://bipolarhotmess.com/afraid/					1	Article about coping with the emotions of a break up.
		0	0	5	0	8	13

Diagnosis

Name	URL	Clinical	Descriptive	Summary
Depression and Bipolar Support Alliance				
Ask the Doctor: Understanding Bipolar Depression	http://www.bphope.com/ask-the-doctor-understanding-bipolar-depression/	0.5		Doctors describe diagnostic criteria and treatment for bipolar depression.
Recognizing and Managing My Anxiety	http://www.bphope.com/recognizing-and-managing-my-anxiety/		1	About recognizing symptoms of anxiety
BEHIND DOMESTIC LINES	http://thewildword.com/mothering-through-the-darkness/		1	Parent describes son's depressive symptoms and her reaction.
At TEDx talk, Boise teen with bipolar disorder to deliver message: 'I am not my illness'	http://www.idahostatesman.com/news/local/article69381727.html		0.5	Article describes the journey of a young man and his struggle with his bipolar symptoms. Article portrays an inability to function to bipolar symptoms.
I'm here...	http://www.dbsalliance.org/site/PageServer?pagename=help_imhere		0.5	Focuses on the suffering of people with a mental condition and tips for peers and family members.
A Powerful Instagram Account Is Combatting Mental Health Stigma With Personal Stories	http://mic.com/articles/134814/a-powerful-instagram-account-is-combatting-mental-health-stigma-with-personal-stories		0.5	Article about instagram account that feeds stigmatizing ideas about mental health to its followers and describes the suffering attached to a state.
The Prechter Fund's Fight to Cure Bipolar Disorder	http://www.bphope.com/wally-prechter-fight-to-cure-bipolar-disorder/		0.5	Video article about ending the suffering of bipolar and advocating for greater resources to help relief the dysfunction caused by a mental condition.
Glenn Close: 'Mental Illness Is a Family Affair'	http://www.webmd.com/mental-health/features/glenn-close-sister-mental-illness?page=2		0.5	Article describing suffering attached to a state and describes functioning as impossible during a specific state.
Bipolar Depression: Letting the Light In	http://www.bphope.com/bipolar-depression-letting-the-light-in/		0.5	Describes suffering attached to a mood and symptoms. Describes functioning as impossible.
Physical Signs of Depression: Hear your BODY talk!	http://www.hopetocope.com/physical-signs-of-depression-hear-your-body-talk-3/		1	Description of the suffering and agony of experiencing the physical symptoms of depression.
Ask the doctor: Is it ADHD or bipolar—or both?	http://www.bphope.com/ask-the-doctor-is-it-adhd-or-bipolar-or-both/	1		Article explaining the difference between symptoms and treatment options between bipolar disorder and adhd.

Name	URL	Clinical	Descriptive	Summary
Nurtured by nature	http://www.hopetocope.com/nurtured-by-nature-3/		1	Using nature as a tool to get out of a state because being in a specific state makes it difficult or impossible for a person to function at all.
		1.5	7	8.5
International Bipolar Foundation				
Recognizing and Managing My Anxiety	http://www.bphope.com/recognizing-and-managing-my-anxiety/		1	About recognizing symptoms of anxiety.
What 25 Years of Brain Scans Tell Us About Psychiatric Disorders in Young People	https://bbrfoundation.org/brain-matters-discoveries/what-25-years-of-brain-scans-tell-us-about-psychiatric-disorders-in-young	1		Using brain scans as a diagnostic tool.
Bipolar Disorder Takes Different Path in Patients Who Binge Eat, Study Suggests	http://newsnetwork.mayoclinic.org/discussion/bipolar-disorder-takes-different-path-in-patients-who-binge-eat-study-suggests		1	Study about relationship between binge eating and Bipolar Disorder
New Study Examines Various Treatments for Bipolar	http://www.goodtherapy.org/blog/study-examines-various-treatments-for-bipolar-0606122	0.5		Study about using different tools to lower intensity or remove states altogether.
		1.5	2	3.5
National Alliance on Mental Illness				
More Than Surviving	http://www.nami.org/Personal-Stories/More-Than-Surviving		1	Article about the journey of recovery.
Fixing the Vase	http://www.nami.org/Personal-Stories/Fixing-the-Vase		0.5	Author's description of her behaviors and symptoms and portraying the two as inevitably linked.
Bipolar & Irritability: Touchy Tempers Signal Mood Shift	http://www.bphope.com/all-the-rage/		0.5	Article about recognizing symptoms early enough to prevent them from occurring.
Winter Blues? You're Not Imagining Them	http://www.bphope.com/winter-blues-youre-not-imagining-them/		1	A description of symptoms to help a person identify whether or not he or she is experiencing depression.
		0	3	3

Name	URL	Clinical	Descriptive	Summary
BP Magazine for Bipolar				
3 Clues For Recognizing Mania In The Eyes, Plus Other Physical Symptoms	http://www.bphope.com/blog/your-eyes-hold-the-clues-how-to-read-the-eyes-to-spot-euphoric-and-dysphoric-bipolar-disorder-mania/		1	Article about physical facial clues to help identify a person's mood state.
Living with bipolar: Acting on impulse	http://www.bphope.com/mind-over-mood-acting-on-impulse/		0.5	Article describing dimensions of impulsivity and their relationship to bipolar.
Patients with Severe Mental Illness Rarely Tested for Diabetes, Despite High Risk, Study Shows	http://www.bphope.com/patients-with-severe-mental-illness-rarely-tested-for-diabetes-despite-high-risk-study-shows/	1		Article advocating for changes in treatment and diagnosis of general physical screenings to accommodate for people with mental conditions because they are considered a "high risk population.
Is It Bipolar Disorder or Depression? Making the Diagnosis	http://www.bphope.com/blog/is-it-bipolar-disorder-or-depression-making-the-diagnosis/	0.5		A doctor's introduction to the community and her take on diagnosis and speech forms regarding bipolar.
Mania or Depression? Signs Things May Be Breaking Down	http://www.bphope.com/blog/mania-or-depression-signs-things-may-be-breaking-down/	0.5		Article listing symptoms and behaviors as clues to look for during a given state to help prevent escalation.
Bipolar in kids: Knowing when it's more than "Acting Out"	http://www.bphope.com/kids-children-teens/bipolar-in-kids-knowing-when-its-more-than-acting-out/		0.5	Articles about tips to help parents determine when their child is having behavior that is linked to bipolar.
		2	2	4
Bipolar Advantage				
		0	0	0
Bipolar Disorder - New Life Outlook				
Symptoms of Bipolar	http://bipolar.newlifeoutlook.com/symptoms-bipolar/		1	Article listing symptoms and describing the suffering accompanying them.
Types of Bipolar	http://bipolar.newlifeoutlook.com/types-bipolar/	1		Article describes different types of bipolar and their specifiers.
Bipolar and Anxiety	http://bipolar.newlifeoutlook.com/bipolar-anxiety/	0.5		Article explains the difference between bipolar and anxiety disorders and how together these conditions are catastrophic to the person experiencing them.

Name	URL	Clinical	Descriptive	Summary
Bipolar Mixed State and Its Risks	http://bipolar.newlifeoutlook.com/bipolar-mixed-state/		0.5	Article explaining the symptoms and diagnostic criteria of mixed states along with a story of a person who cannot function while the state is happening.
Bipolar and ADHD: Similarities and Differences	http://bipolar.newlifeoutlook.com/bipolar-and-adhd-similarities-and-differences/	1		Article describing similarities and differences between bipolar and ADHD
How Your Hormones Can Impact Your Bipolar Disorder	http://bipolar.newlifeoutlook.com/hormones-and-bipolar-disorder/	1		Article about hormones and their effect on mood swings.
Bipolar Mood Disorders	http://www.postpartum.net/learn-more/bipolar-mood-disorders/	1		Article with list of symptoms and how to get diagnosed.
Gender Difference in Bipolar	http://bipolar.newlifeoutlook.com/gender-difference-in-bipolar/	1		Article about the gender symptomatic differences observed in bipolar disorder.
		5.5	1.5	7
My Bipolar Disordered Life				
		0	0	0
Healthline: Living With Bipolar Disorder				
Understanding Bipolar Disorder Episodes	http://www.healthline.com/health/bipolar-disorder/episodes		1	Article describes symptoms and the negative and catastrophic impact they have on those who experience them
How to Help Someone with Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/caregiver-support	0.5		Article explains what bipolar disorder is and mistakenly links behaviors to mood swings.
7 Ways to Treat the Depressive Episodes of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/depression		0.5	Tips for treating depression and for boosting a person's mood in order to avoid the state.
Could it Be Bipolar? - Seven Signs to Look For	http://www.healthline.com/health/could-it-be-bipolar-seven-signs-to-look-for	1		Article describing the criteria for bipolar disorder.
Understanding Bipolar Disorder Episodes	http://www.healthline.com/health/bipolar-disorder/episodes		0.5	Article explaining the symptoms of bipolar disorder and how difficult it is for a person to keep it together during episodes
Common Signs and Symptoms of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/common-signs-symptoms		0.5	Article about symptoms of bipolar, behavioral choices attached to the symptoms and their catastrophic effect in a person's life.

Name	URL	Clinical	Descriptive	Summary
The History of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/history-bipolar	0.5		Article about history and diagnostic features of bipolar disorder.
		2	2.5	4.5
Bipolar Awareness~Stop the Stigma				
Pediatric puzzles: Seeking a bipolar diagnosis in children	http://www.bphope.com/kids-children-teens/pediatric-puzzles-bipolar-diagnosis/	1		Article about the difficulty of diagnosing children with bipolar disorder.
Addicted to Distraction	http://psychcentral.com/blog/archives/2016/04/20/addicted-to-distraction/	1		Article about how to recognize distraction addiction.
What does depression feel like? Trust me – you really don't want to know	http://www.theguardian.com/commentisfree/2016/apr/19/depression-awareness-mental-illness-feel-like		1	Article about the ugly yet useful side of depression.
		2	1	3
Musings of a Bipolar Hot Mess				
		0	0	0
Totals		14.5	19	33.5

Treatment

Name	URL	Medicine	Therapy	Self-Care	Summary
Depression and Bipolar Support Alliance					
U Researchers Examine Nature as a Form of Therapy for Military Veterans	http://dailyutahchronicle.com/2016/01/14/u-researchers-examine-nature-as-a-form-of-therapy-for-military-veterans/		1		Describes using nature as a tool to reduce symptoms
Ask the Doctor: Understanding Bipolar Depression	http://www.bphope.com/ask-the-doctor-understanding-bipolar-depression/	0.5			Doctors describe diagnostic criteria and treatment for bipolar depression.
6 ways good parents contribute to their child's anxiety	https://www.washingtonpost.com/news/parenting/wp/2016/04/01/6-ways-good-parents-contribute-to-their-childrens-anxiety/			1	Article about how parents are contributing to the stigma of their children
Why I'm teaching my 6-year-old to meditate	https://www.washingtonpost.com/news/parenting/wp/2016/03/31/why-im-teaching-my-6-year-old-to-meditate/			1	Article about using meditation as a tool to reduce stress, anxiety and depression
HOW LEGISLATION CAN CHANGE THE FACE OF PERINATAL MENTAL HEALTH	http://careforyourmind.org/how-legislation-can-change-the-face-of-perinatal-mental-health/		0.5		Article about the women advocating for more resources from government to accommodate for people who suffer from their condition
Family Support: Coping with TBI	http://www.guardyourhealth.com/personal-stories/family-story/tippett/			1	Supportive resources for people with TBI.
Wellness Toolbox	http://www.dbsalliance.org/site/PageServer?pagename=wellness_wellness_toolbox			1	List of links with different sets of tools to address different categories of wellbeing according to an internal classification system on wellness.
I'm here...	http://www.dbsalliance.org/site/PageServer?pagename=help_imhere			0.5	Focuses on the suffering of people with a mental condition and tips for peers and family members.
Life Unlimited Stories: Trevor McCauley	http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited#Trevor_McCauley	1			Storie of an individual claiming that he has achieved functionality with vague details.

Name	URL	Medicine	Therapy	Self-Care	Summary
It's Brain Science: University Fights Binge Drinking With Meditation	http://www.nbcnews.com/feature/college-game-plan/its-brain-science-university-fights-binge-drinking-meditation-n528761		1		Article talks about a program developed by a professor aimed at using different tools for preventing certain states from occurring.
Viewpoint: The divine prerogative	http://www.hopetocope.com/viewpoint-the-divine-prerogative/			1	Linking the benefits of forgiving others and mental health.
Mind over mood: Face the facts	http://www.bphope.com/mind-over-mood-face-the-facts/			1	Encourages people with a diagnosis to face their condition, develop a recovery plan and find ways to stick to it.
When you cant even find the tunnel let alone the light at the end: coping with trauma	https://hopeworkscommunity.wordpress.com/2014/03/26/when-you-cant-even-find-the-tunnel-let-alone-the-light-at-the-end-coping-with-trauma/		1		Article about different philosophical concepts for coping with traumatic experiences.
Life Unlimited: Marya Hornbacher	http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited	0.5			Featured story of a person with a diagnosis who writes a note to her past self about how in the future she will be diagnosed with a brain disorder and that is why she suffers.
On the possibility of recovery	https://hopeworkscommunity.wordpress.com/2013/12/04/on-the-possibility-of-recovery/		0.5		Article about recovery and tips to create a recovery mindset.
Depression, anxiety: What worked for me	http://www.cnn.com/2014/03/04/health/ramprasad-depression/index.html			1	Article about using meditation as a tool to remove or reduce the symptoms of a depressive or anxious state.
Wrong to remove critical line of defense in America's mental health crisis	http://thehill.com/opinion/oped/199321-removing-critical-line-of-defense-in-americas-mental-health-crisis-is-bad#ixzz2uSpZROH6	0.5			Article reporting of the devastating effects that reducing or restricting access to pills as a tool for treating mental conditions would have in patients.
		2.5	4	7.5	14
International Bipolar Foundation					
What Do You Do When You Can't Get To Sleep?	http://ibpf.org/blog/what-do-you-do-when-you-can%E2%80%99t-get-sleep			1	Article about using sleep as a tool to prevent a state because a person might not be able to handle it.

Name	URL	Medicine	Therapy	Self-Care	Summary
How Electroconvulsive Therapy (ECT) Helped Me Survive to Battle Bipolar Depression	http://www.huffingtonpost.com/dyane-leshinharwood/how-electroconvulsive-therapy-ect-helped-me-survive-to-battle-bipolar-depression_b_9455412.html	1			Article about using ECT as a tool for reducing the intensity of depression.
Poor sleep linked to negative mood in women with bipolar disorder	http://www.news-medical.net/news/20150630/Poor-sleep-linked-to-negative-mood-in-women-with-bipolar-disorder.aspx			1	Article about using a sleep as a tool to help prevent the occurrence of symptoms in women.
Enough Sleep Treats Mental Illness Effectively: Studies	http://en.yibada.com/articles/35836/20150531/proper-sleep-effective-treatment-mental-illness-research.htm			1	Article about using sleep as a tool to prevent mood irregularities from occurring.
Bipolar drugs less effective during pregnancy	http://www.medicalnewstoday.com/releases/268316.php	1			Article about the decreased effectiveness of psychiatric pills during pregnancy.
Sleep smarts	http://www.bphope.com/sleep-smarts/			1	Using sleep as a tool to prevent hypomania.
New Study Examines Various Treatments for Bipolar	http://www.goodtherapy.org/blog/study-examines-various-treatments-for-bipolar-0606122	0.25	0.25		Study about using different tools to lower intensity or remove states altogether.
Omega-3 and bipolar disorder	http://www.examiner.com/wellness-in-chicago/omega-3-and-bipolar-disorder			1	Increasing omega-3s in someone's diet might lead to a decrease in depressive symptoms, but not in manic symptoms.
		2.25	0.25	5	7.5
National Alliance on Mental Illness					
May The Skunk Whisperer Be With You	https://www.nami.org/Blogs/NAMI-Blog/April-2016/May-The-Skunk-Whisperer-Be-With-You			1	Tips on how to handle a mental health crisis effectively to help put patients and care givers at ease.
Focus on Your Recovery	http://www.nami.org/Personal-Stories/Focus-on-Your-Recovery	0.5	0.5		Author advocates to focus on recovery as the best coping mechanism.
Five Ways to Stay Productive During Depression	https://www.nami.org/Blogs/NAMI-Blog/April-2016/Five-Ways-to-Stay-Productive-During-Depression			1	Tips for staying productive during depression
NAMI Media Watch: Hacking Brains, Looking to the Future	https://www.nami.org/Blogs/NAMI-Blog/April-2016/NAMI-Media-Watch-Hacking-Brains,-Looking-to-the-F	1			Potential future medical tools.

Name	URL	Medicine	Therapy	Self-Care	Summary
Should Depression Screenings be a Part of Primary Care?	http://www.nami.org/Blogs/NAMI-Blog/March-2016/Should-Depression-Screenings-be-a-Part-of-Primary	1			Article encouraging for physicians to screen for depression as part of general health assessments.
Bipolar and Spring Mania: 5 Steps to Reduce Symptoms	http://www.bphope.com/spring-fever/			0.5	Articles about tools to prevent an escalation of mania in order to help prevent undesirable behaviors.
Transformation: Recovery Oriented Cognitive Therapy for Schizophrenia	http://www.nami.org/Blogs/NAMI-Blog/March-2016/Transformation-Recovery-Oriented-Cognitive-Therap		1		Article about the development of positive psychology strategies to help patients achieve recovery.
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/			0.5	Article listing advice about what a person with bipolar should not do.
Mental illness: Families cut out of care	http://www.usatoday.com/story/news/2016/02/26/privacy-law-harms-care-mentally-ill-families-say/80880880/		0.5		Article advocating for family involvement under the assumption that a person with a mental condition is not fit to care for him/herself.
My Mental Health	http://www.nami.org/Personal-Stories/My-Mental-Health		1		Article about using therapy as a treatment and diagnostic tool.
Clay Hunt Act Serves to Prevent Veteran Suicide	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Gone-But-Never-Forgotten-Clay-Hunt-Act-Anniversar	1			Article explains the Clay Hunt Act and its role in the treatment of mental conditions through the Veteran Affairs health system.
Depression Survival Guide	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Depression-Survival-Guide			1	List of tips and tools to help someone cope with a depressive episode.
Trading Benders for Bending Metal	https://www.nami.org/Blogs/NAMI-Blog/February/Trading-Benders-for-Bending-Metal			1	Article about focusing his attention on the gym to help lower the intensity of his state.
		3.5	3	5	11.5
BP Magazine for Bipolar					
Parents Panel: Considering care outside the home—hospitalization and schools	http://www.bphope.com/kids-children-teens/considering-care-outside-the-home-hospitalization-and-schools/			0.5	Article with tips for parents of mentally ill children who need to consider outpatient care

Name	URL	Medicine	Therapy	Self-Care	Summary
Low self-recognition and awareness of past manic episodes	http://www.bphope.com/low-self-recognition-and-awareness-of-past-manic-episodes/			1	Article about the low awareness of manic symptoms in patients.
5 Tips When You Feel Like You Can't Do Anything!	http://www.bphope.com/blog/what-to-do-when-you-feel-like-you-cant-do-anything/			1	Tips for coping with depressive episode.
Living with bipolar: The power of journaling	http://www.bphope.com/the-power-of-the-page/			1	Article about using journaling as a tool to help lower the intensity of a state.
Questions to Ask Yourself When Emotionally Stuck	http://www.bphope.com/blog/questions-to-ask-yourself-when-emotionally-stuck/			1	Questions to encourage accepting what cannot be changed.
Living with Bipolar: Please don't stop the music	http://www.bphope.com/on-my-mind-please-dont-stop-the-music/			1	Using music as a tool to lower the intensity of a state
The Importance of Establishing a Routine	http://www.bphope.com/blog/the-importance-of-establishing-a-routine/			0.5	Article about using routine as a tool to help prevent "psychiatric imbalances".
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/			0.5	Article listing advice about what a person with bipolar should not do.
Talk therapy: 7 ways to help your partner help you	http://www.bphope.com/talk-therapy-7-ways-to-help-your-partner-help-you/			1	Article about making a plan of action and sharing it with a partner.
New Mood Disorders Program Aims to Advance Treatments, Erase Stigma	http://www.bphope.com/new-mood-disorders-program-aims-to-advance-treatments-erase-stigma/	1			Article about a grant given to a research institution to study bipolar further and come up with new tools and treatment for treating mental conditions.
How Routines Help Stabilize My Bipolar	http://www.bphope.com/blog/how-routines-help-stabilize-my-bipolar/			1	Using routines as a tool to help prevent depression from occurring.
		1	0	8.5	9.5
Bipolar Advantage					
Confusing How and Why Is Prolonging The Suffering in Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201502/confusing-how-and-why-is-prolonging-the-suffering-in-bipolar		1		Article explains the reason why we all seek treatment; to end all suffering.

Name	URL	Medicine	Therapy	Self-Care	Summary
Why I Am Against Bipolar Meds	https://www.psychologytoday.com/blog/bipolar-advantage/201206/why-i-am-against-bipolar-meds	1			Article about the role of medicines as part of the process of turning bipolar from a disordered condition to an IN order condition.
Bipolar Children of Undiagnosed Parents	https://www.psychologytoday.com/blog/bipolar-advantage/201309/bipolar-children-undiagnosed-parents		1		Article about the role a family member plays in helping with the behavioral goals of their loved one.
		1	2	0	3
Bipolar Disorder - New Life Outlook					
Bipolar Coping Strategies	http://bipolar.newlifeoutlook.com/bipolar-coping-strategies/			1	Article with tips and tools to help prevent or avoid mood swings.
Cognitive Behavioral Therapy for Bipolar	http://bipolar.newlifeoutlook.com/cognitive-behavioral-therapy-for-bipolar/		0.5		Author describes her journey with CBT as a tool for managing her mood swings and the behaviors that accompany the moods.
The Value of Mood Monitoring for Bipolar Disorder Management	http://bipolar.newlifeoutlook.com/mood-monitoring-for-bipolar-disorder/			0.5	Article about using mood journaling or mood charting to learn to identify mood swings and what causes them in order to prevent or minimize their effect.
Coping with Feelings	http://bipolar.newlifeoutlook.com/coping-feelings/			1	Tips on how to handle feelings
Dealing With Bipolar Medication Side Effects	http://bipolar.newlifeoutlook.com/bipolar-medication-side-effects/	1			Article about the effects of using medication as the only way to manage symptoms which never go away.
Have You Considered ECT for Bipolar?	http://bipolar.newlifeoutlook.com/ect-for-bipolar/	1			Article about using ECT to help reduce or remove moods altogether.
Managing Bipolar Disorder	http://bipolar.newlifeoutlook.com/managing-bipolar-disorder/			1	Article with tips on how to minimize the worsening bipolar symptoms.
Bipolar Support: Why You Need Your Friends and Family	http://bipolar.newlifeoutlook.com/getting-family-support/			1	Article about how friends and family can assist a person with bipolar manage their symptoms.
Bipolar and Hobbies	http://bipolar.newlifeoutlook.com/bipolar-hobbies/			1	Using hobbies as a tool to channel manic or depressive feelings into.

Name	URL	Medicine	Therapy	Self-Care	Summary
How to Sleep Better With Bipolar	http://bipolar.newlifeoutlook.com/sleep-better-bipolar/			1	Article with tips and tools advocating to prevent lack of sleep as it can trigger a mood swing episode.
		2	0.5	6.5	9
My Bipolar Disordered Life					
"The Challenges of Mental Illness"	http://www.thechallengesofmentalillness.com/p/mental-health-bipolar-suicide.html			1	Article about suicide scientific facts and ways to prevent it.
		0	0	1	1
Healthline: Living With Bipolar Disorder					
Drugs to Treat Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/drugs-medications-overview	1			Article describing different drugs to help lower the intensity of a state or prevent it all together.
What You're Doing to Sabotage Your Sleep	http://www.healthline.com/health/healthy-sleep/how-to-sleep-better			1	Tips for getting a good quality sleep as a way to prevent certain states.
7 Ways to Treat the Depressive Episodes of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/depression			0.5	Tips for treating depression and for boosting a person's mood in order to avoid the state.
Bipolar Disorder: A Guide to Therapy	http://www.healthline.com/health/bipolar-disorder/therapist-visit-guide		1		Article with tips on how to go about seeing a therapist.
What Are the Benefits of Sunlight?	http://www.healthline.com/health/depression/benefits-sunlight			1	Article about using sunlight to help treat SAD.
Can Technology Really Help You Sleep Better?	http://www.healthline.com/health-news/can-technology-really-help-you-sleep-better-022416			1	Article about treating sleep deprivation with technology and whether or not it actually works
Mouse Study Finds Link Between Mental Health & Diabetes	http://psychcentral.com/news/2016/02/08/mouse-study-finds-link-between-mental-health-and-diabetes/98818.html	1			Article about study linking diabetes and some mental conditions and hoping this will help develop preventative treatments that will alleviate the debilitating effects of these conditions.
Family Therapy	http://www.healthline.com/health/bipolar-disorder/family-therapy		1		Using family therapy as a way to help the person with bipolar disorder.

Name	URL	Medicine	Therapy	Self-Care	Summary
Bipolar treatment: Genetics change people's response to lithium, study finds	http://www.abc.net.au/news/2016-01-22/bipolar-treatment-revolution-lithium/7108158	1			Article about using lithium to remove states all together but genetic make up might interfere with lithium's effectiveness.
Cognitive Behavioral Therapy	http://www.healthline.com/health/bipolar-disorder/cognitive-behavioral-therapy		1		Article about using CBT to manage bipolar symptoms.
3 Natural Ways to Calm Your Child's Anxiety	http://www.healthline.com/health/childrens-health/ways-to-calm-child-anxiety		1		Article with tools for helping children to cope with anxiety symptoms.
Meditation: Escape the Heat to Explore Your Mind	http://www.healthline.com/health/meditation-escape-heat-explore-your-mind			1	Article about using meditation as an escape technique for lowering the discomfort of any state.
Foods and Supplements That May Help Calm Your Nerves	http://www.healthline.com/health-slideshow/foods-beat-anxiety			1	Article about ingestible tools for managing bipolar disorder's symptoms.
Pet Therapy	http://www.healthline.com/health/pet-therapy		1		Article about using pet therapy as a tool to reduce with mental condition's symptoms.
		3	5	5.5	13.5
Bipolar Awareness~Stop the Stigma					
10 Lessons Failure Teaches	http://psychcentral.com/blog/archives/2016/04/22/10-lessons-failure-teaches/			1	Article with a list of lessons one can learn from failure.
Headspace urges father-son conversations to support mental health	http://www.abc.net.au/news/2016-04-22/headspace-encourages-father-son-conversations/7348820			1	Article with tips for fathers about how they could be helpful if they notice their son struggling with mood changes.
3 Hard Truths about Your Dream Job You Need to Accept	http://psychcentral.com/blog/archives/2016/04/21/3-hard-truths-about-your-dream-job-you-need-to-accept/			1	Article about the reality of following your dream job.
5 Foods to Avoid If You Have Bipolar Disorder	http://dailyfitnessadvice.org/5-foods-to-avoid-if-you-have-bipolar-disorder/			0.5	Article with certain food groups to avoid in order to help reduce or prevent states from occurring.

Name	URL	Medicine	Therapy	Self-Care	Summary
Mindfulness for Children	http://psychcentral.com/blog/archives/2016/04/21/mindfulness-for-children/			1	Article about helping children to focus on something other than whatever feeling they may be experiencing in order to prevent the experience of unwelcomed emotions.
How to Listen to Your Emotions	http://psychcentral.com/blog/archives/2016/04/21/how-to-listen-to-your-emotions/			1	Article with tips and tools to help one recognize emotions and become aware of their physical symptoms and their intensity.
Easing anxiety with healthy habits can help make life easier	http://www.abc.net.au/news/2016-04-21/simple-acts-to-ease-anxiety/7345822			1	Article with tools for reducing stress and coping with anxiety.
Mental health goals may not be met, audit office warns	http://www.theguardian.com/society/2016/apr/21/government-mental-health-goals-not-met-nao-warns	0.5			Article advocating for equal treatment and funding from government for mental health as compared to physical health and the challenge of meeting such goal.
Treating Trichotillomania	http://psychcentral.com/blog/archives/2016/04/19/treating-trichotillomania/			1	Article about using hair extensions to treat trichotillomania.
Running is good for your mental health – and I'm here to prove it	http://www.theguardian.com/lifeandstyle/the-running-blog/2016/apr/19/running-good-for-mental-health-england-athletics-ambassador-mind			1	Using running as a tool for increasing a sense of wellbeing.
Bicycle Day marks LSD discovery by Albert Hoffman as psychotherapy research continues	http://www.abc.net.au/news/2016-04-19/bicycle-day-albert-hoffman-lsd-psychotherapy-research/7336712	1			Article about the remembrance of the discovery of LSD as a treatment for mental conditions.
The Creative Act of Forgiveness	http://psychcentral.com/blog/archives/2016/04/18/the-creative-act-of-forgiveness/			1	Article about choosing forgiveness.
With Depression, Nothing Is Permanent	http://psychcentral.com/blog/archives/2016/04/18/with-depression-nothing-is-permanent/			0.5	Use the idea of impermanence as a tool to get through depression and notice it is a passing emotion.
		1.5	0	10	11.5
Musings of a Bipolar Hot Mess					
		0	0	0	0

Name	URL	Medicine	Therapy	Self-Care	Summary
Totals		16.75	14.75	49	80.5

Stigma

Name	URL	Others	Self-Stigma	Summary
Depression and Bipolar Support Alliance				
The To-Do List Changes When Your Daughter Goes to a Psychiatric Hospital	http://themighty.com/2016/03/a-mothers-frustrations-with-her-daughters-hospitalization-for-mental-illness/		1	Stigmatizing article about daughter's inability to function during a state
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/		1	Article about obsessive symptoms that might accompany mania or depression
PATIENT-CENTERED CARE: TODAY'S BUZZ WORD OR OPPORTUNITY FOR MEANINGFUL HEALTH CARE IMPROVEMENT?	http://careforyourmind.org/patient-centered-care-todays-buzz-word-or-opportunity-for-meaningful-health-care-improvement/		1	Article about patient-centered care defined as advocacy for patient inclusion.
At TEDx talk, Boise teen with bipolar disorder to deliver message: 'I am not my illness'	http://www.idahostatesman.com/news/local/article69381727.html	0.25	0.25	Article describes the journey of a young man and his struggle with his bipolar symptoms. Article portrays an inability to function to bipolar symptoms.
HOW LEGISLATION CAN CHANGE THE FACE OF PERINATAL MENTAL HEALTH	http://careforyourmind.org/how-legislation-can-change-the-face-of-perinatal-mental-health/		0.5	Article about the women advocating for more resources from government to accommodate for people who suffer from their condition
To the Emergency Room Staff, From a Person With a Mental Illness	http://themighty.com/2016/02/to-the-emergency-room-staff-from-a-person-with-a-mental-illness/	0.5	0.5	A person describing his/her inability to function during a state and asking for kindness from nurses.
A Powerful Instagram Account Is Combatting Mental Health Stigma With Personal Stories	http://mic.com/articles/134814/a-powerful-instagram-account-is-combatting-mental-health-stigma-with-personal-stories		0.5	Article about instagram account that feeds stigmatizing ideas about mental health to its followers and describes the suffering attached to a state.
Why It's OK I'm Not 100% Recovered From Depression	http://themighty.com/2016/01/why-its-ok-im-not-100-recovered-from-depression/		1	Article that speaks of functionality during remission only.

Name	URL	Others	Self-Stigma	Summary
The Prechter Fund's Fight to Cure Bipolar Disorder	http://www.bphope.com/wally-prechter-fight-to-cure-bipolar-disorder/		0.5	Video article about ending the suffering of bipolar and advocating for grater resources to help relief the dysfunction caused by a mental condition.
Mania and Overspending: Don't break the bank!	http://www.bphope.com/dont-break-the-bank-bipolar-overspending/	0.5	0.5	Article advocating to avoid high intensities of mania to help prevent out-of-control spending.
Glenn Close: 'Mental Illness Is a Family Affair'	http://www.webmd.com/mental-health/features/glenn-close-sister-mental-illness?page=2	0.5		Article describing suffering attached to a state and describes functioning as impossible during a specific state.
Bipolar & Anger: Getting Control Of Irritability & Outburst	http://www.bphope.com/bipolar-anger-unravel-your-wrath/	1		Details the inability to function at a given state and the catastrophic effect of experiencing certain symptoms.
The Diagnosis of Bipolar Disorder Should Never Become Your Identity	http://www.dbsagreenwichct.com/writings/Diagnosis%20and%20Identity.pdf	0.5	0.5	Article talks about accepting that bipolar is an illness that affects our ability to function in any given state.
Bipolar Depression: Letting the Light In	http://www.bphope.com/bipolar-depression-letting-the-light-in/		0.5	Describes suffering attached to a mood and symptoms. Describes functioning as impossible.
Life Unlimited: Marya Hornbacher	http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited		0.5	Featured story of a person with a diagnosis who writes a note to her past self about how in the future she will be diagnosed with a brain disorder and that is why she suffers.
On the possibility of recovery	https://hopeworkscommunity.wordpress.com/2013/12/04/on-the-possibility-of-recovery/		0.5	Article about recovery and tips to create a recovery mindset.
Ask the Doc: Greg Simon, MD, MPH	http://www.dbsalliance.org/site/PageServer?pagename=education_eupdate_2014_May#4		1	Article claiming recovery as the best hope for those who suffer from depression.

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Wrong to remove critical line of defense in America's mental health crisis	http://thehill.com/opinion/oped/199321-removing-critical-line-of-defense-in-americas-mental-health-crisis-is-bad#ixzz2uSpZROH6	0.5		Article reporting of the devastating effects that reducing or restricting access to pills as a tool for treating mental conditions would have in patients.
		3.75	9.75	13.5
International Bipolar Foundation				
Stigma: Establishing The Three Levels	http://www.crestbd.ca/2016/04/08/establishing-three-levels-stigma/	1		Article explaining the participation of a Canadian bipolar disorder organization in an online exposition and classification system on stigma; how it is defined and how it is perceived by others.
Warning Signs	http://ibpf.org/blog/warning-signs		1	Article about how certain feelings and emotions cause the author to become dysfunctional and her need to escape a given state.
Why I Hid The Fact I'm Bipolar For Over A Year After My Diagnosis	http://elitedaily.com/life/bipolar-disorder-hid-diagnosis/1354942/		1	Article about coping with a mental illness diagnosis that describes the inability to function during states even with medication
On World Bipolar Day: 'What I Want the World to Know	https://www.elementsbehavioralhealth.com/news-and-research/world-bipolar-day-want-world-know/	1		Article that highlights how some people with bipolar disorder are suffering and need to be understood
5 Tips For Being Reliable When You Are Depressed	http://jessicagimeno.com/5-tips-for-being-reliable-when-you-are-depressed/		1	Article describing the inability to function in relationships and other commitments besides professional tasks as a result of depression
Cara Delevingne and 16 other celebrities speak honestly about their mental health battles	http://www.marieclaire.co.uk/news/celebrity/552559/celebrities-speak-out-about-their-battles-with-mental-health.html		1	An article highlighting statements of celebrities about the suffering they endured during depressive episodes.
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/		1	Article about obsessive symptoms that might accompany mania or depression

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Mania: The Good, The Bad, And The Ugly	http://ibpf.org/blog/mania-good-bad-and-ugly		1	Article describing inability to function during episodes.
When You've Hit Rock Bottom	http://ibpf.org/blog/when-you%E2%80%99ve-hit-rock-bottom		1	Article describing how hitting rock bottom is a result of an "illness" and giving tips on how to cope.
The Form of Stigma You Might Not Be Thinking Of	http://ibpf.org/blog/form-stigma-you-might-not-be-thinking		1	Author describes inability to function during episodes and asks people to reach out about her condition.
Coming Back from Depression	https://www.psychologytoday.com/blog/the-bipolar-lens/201604/coming-back-depression		1	Article about author surviving depression yet coming out of it with no understanding.
When Mental Illness Stigma Is Self-Imposed	http://themighty.com/2016/03/when-we-believe-mental-illness-stigma-is-true/	0.5	0.5	Article about needing to lower the intensity of a state because of the inability to function during it.
NEARLY ALL AMERICANS SAY MENTAL HEALTH ISSUES ARE A "SERIOUS" PROBLEM	http://www.treatmentadvocacycenter.org/home-page/71-featured-articles/2767	1		Article advocating for more awareness on the "issue" of mental health.
Nothing to Be Ashamed Of	http://www.ibpf.org/blog/nothing-be-ashamed		1	Author describes her struggle of accepting she has a mental illness.
Depressed, but Not Ashamed	http://www.nytimes.com/2014/05/22/opinion/depressed-but-not-ashamed.html	0.5	0.5	Article about students facing depression.
New documentary trains a lens on those with bipolar disorder	http://www.scpr.org/news/2012/08/23/34013/new-documentary-showcases-bipolar-disorder-through/	1		Article about a documentary of a person who was not able to function during her periods of mania or depression.
Passion Pit Singer Opens Up About Living With Bipolar Disorder	http://diffuser.fm/passion-pit-michael-angelakos-bipolar-disorder/		1	Singer opens up about his struggle to keep it together during tour due to his inability to function in certain states.

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There IS a link between genius and madness - but we don't know why we evolved this 'gift'	http://www.dailymail.co.uk/sciencetech/article-2154393/There-IS-link-genius-madness-claim-scientists--dont-know-evolved-gift.html	1		Article highlights the inevitability of linking certain symptoms to negative behaviors.
Psychologists warn on term 'mentally ill'	http://www.theage.com.au/victoria/psychologists-warn-on-term-mentally-ill-20120519-1yxts.html	1		Article that says calling people mentally ill is stigmatizing.
What's in a name? Psychiatrists' labeling practices may be desensitizing the public	http://medicalxpress.com/news/2012-04-psychiatrists-desensitizing.html	1		Labels about bipolar conditions cause stigma.
What Does Bipolar Disorder Really Look Like?	http://www.huffingtonpost.com/tracey-marks-md/bipolar-disorder_b_1365771.html	1		Article explains the lack of understanding in society about the inability that a person with bipolar disorder might have when it comes to making rational decisions and explains the complexity of the symptoms.
		9	12	21
National Alliance on Mental Illness				
Sorry I'm Not Fun Anymore	http://www.nami.org/Personal-Stories/Sorry-I%E2%80%99m-Not-Fun-Anymore		1	Author apologizing to peers or family members for not knowing how to function during any state.
Making Sense	http://www.nami.org/Personal-Stories/Making-Sense	0.5	0.5	Author describes his/her own struggle and confusion with depression after sibling's death.
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/		1	Article about obsessive symptoms that might accompany mania or depression
It Gets Better	http://www.nami.org/Personal-Stories/It-Gets-Better		1	Author describes struggle with depression, anxiety, and anger management issues.
Fixing the Vase	http://www.nami.org/Personal-Stories/Fixing-the-Vase		0.5	Author's description of her behaviors and symptoms and portraying the two as inevitably linked.

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Patty Duke's Greatest Role: Mental Health Pioneer	http://www.newsmax.com/Health/Headline/Patty-Duke-Bipolar-Disorder/2016/03/30/id/721489/		1	Article about Patty Duke's role in spreading stigmatizing ideas
Bipolar and Spring Mania: 5 Steps to Reduce Symptoms	http://www.bphope.com/spring-fever/	0.5		Articles about tools to prevent an escalation of mania in order to help prevent undesirable behaviors.
Redefining My Normal	http://www.nami.org/Personal-Stories/Redefining-My-Normal	1		Article stressing the inability to function and crediting Bipolar Disorder for it.
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/	0.5		Article listing advice about what a person with bipolar should not do.
Mental illness: Families cut out of care	http://www.usatoday.com/story/news/2016/02/26/privacy-law-harms-care-mentally-ill-families-say/80880880/	0.5		Article advocating for family involvement under the assumption that a person with a mental condition is not fit to care for him/herself.
How America's criminal justice system became the country's mental health system	http://www.vox.com/2016/3/1/11134908/criminal-justice-mental-health	1		Article advocating for special treatment towards people with a mental "illness" diagnosis from police officers during their duty operations
Sharing and Spreading Hope in the African American Community	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Sharing-and-Spreading-Hope-in-the-African-American		1	Article about taking a stand against mental health stigma as a person of color.
Bipolar & Irritability: Touchy Tempers Signal Mood Shift	http://www.bphope.com/all-the-rage/		0.5	Article about recognizing symptoms early enough to prevent them from occurring.
Providing Care for the Caregiver	https://www.nami.org/Blogs/NAMI-Blog/February-2016/Providing-Care-for-the-Caregiver	1		Article about a parent enabling the idea of the disability attached to a mental condition.
Bipolarish: A Tale of Two Seasons	http://www.nami.org/Personal-Stories/Bipolarish-A-Tale-of-Two-Seasons		1	Article about author's experience of mania and depression.

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Learning to Love Myself – and My Bipolar Disorder	http://www.nami.org/Personal-Stories/Learning-to-Love-Myself-and-My-Bipolar-Disorder		1	Article about author's experience through manic and depressive and manic episodes and her inability to cope.
Sadness Is All I've Ever Known	http://www.nami.org/Personal-Stories/Sadness-Is-All-I-ve-Ever-Known	0.5	0.5	Article about learning to function during remission only.
Understanding Ryan	http://www.nami.org/Personal-Stories/Understanding-Ryan	1		ARticle about the difficulty that a person with schizophrenia has while experiencing symptoms.
This Wounded Bird Can Still Fly	http://www.nami.org/Personal-Stories/This-Wounded-Bird-Can-Still-Fly	1		Article about surviving an abusive relationship and considering that a mental health "win".
		7.5	9	16.5
BP Magazine for Bipolar				
Exercise – 6 Tips on How to Set Your Goal AND Reach Your Target	http://www.bphope.com/blog/exercise-6-tips-on-how-to-set-your-goal-and-reach-your-target/		1	Tips for sticking to exercise routines during a given mood state that might "hinder" functionality.
Parents Panel: Considering care outside the home— hospitalization and schools	http://www.bphope.com/kids-children-teens/considering-care-outside-the-home-hospitalization-and-schools/		0.5	Article with tips for parents of mentally ill children who need to consider outpatient care
Bipolar Disorder with Obsessive Thoughts & Behavior	http://www.bphope.com/blog/bipolar-disorder-and-obsessive-thoughts-and-behavior/		1	Article about obsessive symptoms that might accompany mania or depression
Living with bipolar: Acting on impulse	http://www.bphope.com/mind-over-mood-acting-on-impulse/	0.5		Article describing dimensions of impulsivity and their relationship to bipolar.
VIDEO: Bipolar Disorder and Flight of Ideas With Creative Process	http://www.bphope.com/bipolar-stories-video-blog/video-bipolar-manias-accompanying-racing-thoughts-rapid-speech/		1	Article about a person's experience with racing thoughts and her inability to function during such state.
Parents Panel: Finding balance for the whole family	http://www.bphope.com/kids-children-teens/family-balance-normal-routine/	1		Coping tips for parents of children with a mental condition

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Working through Anxiety at Work.	http://www.bphope.com/blog/working-through-anxiety-at-work/		1	Article from a person who has anxiety and difficulty coping with it.
Words from my husband dealing with my bipolar.	http://www.bphope.com/blog/words-from-my-husband-dealing-with-my-bipolar/	1		Husband describes his struggle in coping with his wife who is bipolar.
6 Empowering Principles for Seeing Fewer Problems & More Possibilities	http://www.bphope.com/6-empowering-principles-for-seeing-fewer-problems-more-possibilities/	1		List of principles to help alleviate symptoms of depression or mania.
VIDEO: Bipolar & Fatherhood	http://www.bphope.com/bipolar-stories-video-blog/video-bipolar-fatherhood/		1	Article and video about a bipolar's father ultimate key for coping with mood swings: love.
I'm Besties With My Ex-Wife Because I'm Bipolar	http://www.bphope.com/blog/im-besties-with-my-ex-wife-because-im-bipolar/	1		Article in which a husband is attributing his ability to stay friend with his ex-wife to his mental condition.
Relationships and the Bipolar Trap	http://www.bphope.com/relationships-and-the-bipolar-trap/	1		Tips for learning how to be an appropriate friend
Refusing to be silent about mental health	http://www.bphope.com/blog/refusing-to-be-silent-about-mental-health/		1	Article about the importance to speak up about mental conditions.
Kids, Bipolar & "Mission Mode": Fixation and Obsessive Agendas	http://www.bphope.com/kids-children-teens/kids-bipolar-obsessive-agendas-aka-mission-mode/	1		Article describing behavioral tendencies of children diagnosed with bipolar and the parents inability to cope.
Is It Bipolar Disorder or Depression? Making the Diagnosis	http://www.bphope.com/blog/is-it-bipolar-disorder-or-depression-making-the-diagnosis/	0.5		A doctor's introduction to the community and her take on diagnosis and speech forms regarding bipolar.
Mania or Depression? Signs Things May Be Breaking Down	http://www.bphope.com/blog/mania-or-depression-signs-things-may-be-breaking-down/	0.5		Article listing symptoms and behaviors as clues to look for during a given state to help prevent escalation.
Bipolar in kids: Solutions to social isolation	http://www.bphope.com/kids-children-teens/bipolar-in-kids-solutions-to-social-isolation/	1		Tips to help parents of bipolar children teach them how to make and keep friends.

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Opening the door on hypersexuality	http://www.bphope.com/opening-the-door-on-hypersexuality/	1		Article warning against the risky behavior that hypersexuality might bring upon a bipolar person.
The courage to ‘come out’	http://www.bphope.com/the-courage-to-come-out-2/	1		Article offering advice on the subject of telling the world about a bipolar diagnosis.
What to watch for in bipolar depression: Anxiety	http://www.bphope.com/what-to-watch-for-in-bipolar-depression-anxiety-2/	1		Article describing anxiety attacks as impending switch to mania.
Life with Bipolar: To My Loved Ones, You Deserve Better	http://www.bphope.com/blog/life-with-bipolar-to-my-loved-ones-you-deserve-better/		1	A person acknowledging her faults and letting her family know that they deserve better.
Raising kids with bipolar: On moods, hypersexuality & genetics	http://www.bphope.com/kids-children-teens/raising-kids-with-bipolar-on-moods-hypersexuality-genetics/	1		A parent's struggle in coping with her child's mood swings and advice from Bp Magazine.
The Importance of Establishing a Routine	http://www.bphope.com/blog/the-importance-of-establishing-a-routine/	0.5		Article about using routine as a tool to help prevent "psychiatric imbalances".
3 Things People with Bipolar Disorder Shouldn't Do	http://www.bphope.com/blog/3-things-people-with-bipolar-disorder-shouldnt-do/	0.5		Article listing advice about what a person with bipolar should not do.
The Benefits of Friends with Bipolar	http://www.bphope.com/blog/the-benefits-of-friends-with-bipolar/		1	Article describing the experience of having a bipolar friend and finding similarities in certain behaviors.
Bipolar in kids: Knowing when it's more than “Acting Out”	http://www.bphope.com/kids-children-teens/bipolar-in-kids-knowing-when-its-more-than-acting-out/	0.5		Articles about tips to help parents determine when their child is having behavior that is linked to bipolar.
Bipolar Disorder & Anger: Stuck on the rage road!	http://www.bphope.com/stuck-on-the-rage-road/	1		Article explores relationship between irritability and bipolar disorder.
		15	8.5	23.5
Bipolar Advantage				

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Bipolar Makes People Perfect	http://blogs.psychcentral.com/bipolar-advantage/2011/01/bipolar-makes-people-perfect/	1		Article about the premise that only a person with bipolar disorder is to blame for personal relationship issues or disagreements.
Suicide: Pro-Choice or Pro-Life?	http://blogs.psychcentral.com/bipolar-advantage/2010/03/suicide-pro-choice-or-pro-life/		1	Article explores the notion of treating a mental illness the same as a physical illness and the impact that such notion has on suicide.
		1	1	2
Bipolar Disorder - New Life Outlook				
Bipolar within a Relationship: Making it Work	http://bipolar.newlifeoutlook.com/bipolar-and-relationships/	1		Article about bipolar and how it affects dating and marriage.
Living with Bipolar Disorder	http://bipolar.newlifeoutlook.com/living-bipolar-disorder/	1		Article claims that understanding and preventing mood swings is the best way to cope with the illness.
Cognitive Behavioral Therapy for Bipolar	http://bipolar.newlifeoutlook.com/cognitive-behavioral-therapy-for-bipolar/		0.5	Author describes her journey with CBT as a tool for managing her mood swings and the behaviors that accompany the moods.
Bipolar Hypomania: Understanding This Dangerous State	http://bipolar.newlifeoutlook.com/hypomania-in-bipolar-disorder/	1		Article with a list of symptoms and behavioral choices mistakenly attributed to bipolar disorder.
Bipolar and Grief: What to Expect	http://bipolar.newlifeoutlook.com/bipolar-and-grief/	1		Article explaining the emotional upheaval of grief and tips for how to reduce the intensity of it for a person with bipolar disorder.
Understanding a Bipolar Crisis	http://bipolar.newlifeoutlook.com/understanding-a-bipolar-crisis/		1	Article with author blaming the lack of self-control on triggers.
Balancing School With Bipolar	http://bipolar.newlifeoutlook.com/balancing-school-with-bipolar/	1		Article describing how difficult it is for a person with bipolar disorder to balance school work.

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Bipolar and Loneliness: How to Avoid Isolation	http://bipolar.newlifeoutlook.com/bipolar-and-loneliness/	1		Article with tips for maintaining relationships and finding friends.
Bipolar and Feeling Like a Failure	http://bipolar.newlifeoutlook.com/bipolar-and-feeling-like-a-failure/		1	Article describing what not feeling good enough is and a list of tips for thinking we are doing our best.
Bipolar and Anxiety	http://bipolar.newlifeoutlook.com/bipolar-anxiety/	0.5		Article explains the difference between bipolar and anxiety disorders and how together these conditions are catastrophic to the person experiencing them.
The Importance of Normalizing Mental Illness	http://bipolar.newlifeoutlook.com/normalizing-mental-illness/		1	Article about how unfair it feels to not be normal and advocating for people to accept that having bipolar is ok.
Bipolar Mixed State and Its Risks	http://bipolar.newlifeoutlook.com/bipolar-mixed-state/		0.5	Article explaining the symptoms and diagnostic criteria of mixed states along with a story of a person who cannot function while the state is happening.
Getting Through a Bipolar Manic Episode	http://bipolar.newlifeoutlook.com/bipolar-manic-episode/	1		Article describing the devastating side of a manic episode advocating for a prevention and reduction of symptoms as the best solution.
My Story: Julie Packard	http://bipolar.newlifeoutlook.com/story/julie-packard/		1	Article relating Julie's story about the difficulty of living with bipolar disorder.
The Value of Mood Monitoring for Bipolar Disorder Management	http://bipolar.newlifeoutlook.com/mood-monitoring-for-bipolar-disorder/	0.5		Article about using mood journaling or mood charting to learn to identify mood swings and what causes them in order to prevent or minimize their effect.

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Bipolar and Friendships – Part 2	http://bipolar.newlifeoutlook.com/friendship-with-bipolar/	1		Tips for people with bipolar during a crisis and for friends on how to best manage the situation and keep the friendship bond.
Impulse Control	http://bipolar.newlifeoutlook.com/impulse-control/	1		Article explains the link between hypomania/mania, impulsivity and high risk behaviors.
Understanding Your Bipolar Triggers	http://bipolar.newlifeoutlook.com/bipolar-triggers/	1		Article with a list of triggers and tips for avoiding them in order to prevent or diminish mood swings.
Bipolar and Pregnancy	http://bipolar.newlifeoutlook.com/bipolar-pregnancy/	1		Article about educating yourself on how to cope with bipolar during pregnancy.
Is Bipolar Real?’ Dealing with Disbelief	http://bipolar.newlifeoutlook.com/is-bipolar-real/	1		Article about the reality of having bipolar disorder and accepting that because of it one cannot function.
How Bipolar Can Impact Your Communication Skills	http://bipolar.newlifeoutlook.com/bipolar-and-communication/	1		Article about how mood swings affect communication skills.
Being a Mom with Bipolar	http://bipolar.newlifeoutlook.com/being-a-mom-with-bipolar/		1	Article about how the author is a great bipolar mom through the avoidance of triggers and using medication to prevent mood swings.
Bipolar and Sensitivity	http://bipolar.newlifeoutlook.com/bipolar-and-sensitivity/	1		Article about emotional sensitivity, how it relates to mood swings and tips to manage sensitivity.
Mental Health in the Media	http://bipolar.newlifeoutlook.com/mental-health-media/	1		Article describing the insensitivity and lack of understanding in our society about the suffering of having a mental illness
My Story: Amanda Frederick	http://bipolar.newlifeoutlook.com/story/amanda-frederick/		1	Article about Amanda's inability to cope with her mood swings and how she is an example to follow.
		16	7	23

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My Bipolar Disordered Life				
Internalizing What Other People Think of Bipolar Disorder	http://www.healthyplace.com/blogs/breakingbipolar/2016/01/internalizing-what-other-people-think-of-bipolar-disorder/	1		Article about coping with what others think of bipolar disorder.
		1		1
Healthline: Living With Bipolar Disorder				
Treating Depression, Anxiety Saves Everyone Money	http://www.healthline.com/health-news/treating-depression-anxiety-saves-everyone-money	1		Article about the economical impact that treating depression has on the economy.
How to Help Someone with Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/caregiver-support		0.5	Article explains what bipolar disorder is and mistakenly links behaviors to mood swings.
Is There a Connection Between Bipolar Disorder and Lying?	http://www.healthline.com/health/bipolar-disorder/bipolar-and-lying	1		Article attributes the behavior of lying to bipolar disorder's mood swings
Yes I have a mental illness. No, I'm not crazy'	http://www.iol.co.za/lifestyle/family/parenting/yes-i-have-a-mental-illness-no-im-not-crazy-2010259	1		Article about a person with bipolar disorder who is an example to follow even though he cannot function well during episodes.
I Thought I Was the Only One I Knew With Bipolar Disorder	http://themighty.com/2016/03/when-you-dont-know-anyone-else-who-lives-with-bipolar-disorder/		1	Aarticle about the author's struggle to find other people with the bipolar diagnosis.
Relationships and Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/relationships		1	Article explaining how difficult it is for someone with bipolar to function and how this affects intimate relationships.
Bipolar Disorder & Sexual Health	http://www.healthline.com/health/bipolar-disorder/sexual-health		1	Article linking sexual behavior to mood states.
12 Things You Should Never Say to Someone with a Chronic Health Condition	http://www.healthline.com/health-news/ms-12-things-not-to-say-022814	1		Article describing what should not be said to someone who is ill.

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5 Realities of Living With Bipolar Disorder	http://blogs.psychcentral.com/bipolar-laid-bare/2016/02/5-realities-of-living-with-bipolar-disorder/		1	Article describes bipolar as frustrating and negates any possibility of it being a positive condition to anyone.
Talking About It: When to Disclose Your Condition	http://www.healthline.com/health/bipolar-disorder/talking-about-it		1	Article about disclosing your condition.
How Can Exercise Help Bipolar Disorder?	http://www.healthline.com/health/bipolar-disorder/exercise	1		Article explains how exercise can either aggravate manic symptoms or make it difficult to keep up with during depression.
Caregivers: Caring For Yourself	http://www.healthline.com/health/bipolar-disorder/caregiver-caring-for-yourself	1		Tips for anyone caring for a person with bipolar disorder
Understanding Bipolar Disorder Episodes	http://www.healthline.com/health/bipolar-disorder/episodes		0.5	Article explaining the symptoms of bipolar disorder and how difficult it is for a person to keep it together during episodes
Why talking about depression and mental health on TV is so important	http://www.independent.co.uk/arts-entertainment/tv/bbc-in-the-mind-season-stephen-fry-why-talking-about-depression-and-mental-health-on-tv-is-so-a6855391.html		1	Article about how important TV can be in helping to spread stigmatizing ideas on mental health.
When Having a Mental Illness Is a Full-Time Job	http://themighty.com/2015/12/when-having-a-mental-illness-is-a-full-time-job1/		1	Article about collecting disability benefits and the struggle of living with bipolar.
Common Signs and Symptoms of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/common-signs-symptoms		0.5	Article about symptoms of bipolar, behavioral choices attached to the symptoms and their catastrophic effect in a person's life.
The History of Bipolar Disorder	http://www.healthline.com/health/bipolar-disorder/history-bipolar		0.5	Article about history and diagnostic features of bipolar disorder.
		6	9	15
Bipolar Awareness~Stop the Stigma				

Name	URL	Others	Self-Stigma	Summary
Federal Agency That Delivers Mental Health Services Doesn't Believe Serious Mental Illnesses Are Real! Huh?	http://www.petearley.com/2016/04/22/federal-agency-that-delivers-mental-health-services-doesnt-believe-serious-mental-illnesses-are-real-huh/	1		A federal agency sees mental conditions as neurodiversity but gets scrutinized over it.
Clarke Carlisle: 'I should be dead. I am delighted, blessed I can use my life'	http://www.theguardian.com/football/2016/apr/22/clarke-carlisle-i-should-be-dead-blessed-interview-burnley-qpr		1	Article about Clarke struggling with his depressive earlier and learning to spot them early on in order to prevent them.
Bipolars, Rollercoasters, and Sex	https://bipolarjan.wordpress.com/2016/04/10/bipolars-rollercoasters-and-sex/		1	Article about how mania appears out of the blue and it is difficult to explain how terrible it is.
5 Foods to Avoid If You Have Bipolar Disorder	http://dailyfitnessadvice.org/5-foods-to-avoid-if-you-have-bipolar-disorder/	0.5		Article with certain food groups to avoid in order to help reduce or prevent states from occurring.
Mental health goals may not be met, audit office warns	http://www.theguardian.com/society/2016/apr/21/government-mental-health-goals-not-met-nao-warns		0.5	Article advocating for equal treatment and funding from government for mental health as compared to physical health and the challenge of meeting such goal.
FOX TV Show "Empire" & Bipolar Disorder	http://blogs.psychcentral.com/manic-depression/2016/04/19/fox-tv-empire-bipolar-disorder/		1	Article about a TV show scene that portrays bipolar disorder as something to be ashamed of.
Adam Goodes: AFL great to speak at Indigenous youth summit	http://www.theguardian.com/sport/2016/apr/20/adam-goodes-afl-great-to-speak-at-indigenous-youth-summit		1	Article about football player speaking at a youth summit.
My path to Diagnosis	http://www.hshomemade.blogspot.com.au/2016/01/my-path-to-diagnosis-warning-long-post.html	1		Article about the behavioral choices during emotional periods that the author made which led her husband to suggest bipolar disorder as her condition.
3 Myths about Postpartum Depression that Too Many People Believe	http://psychcentral.com/blog/archives/2016/04/19/3-myths-about-postpartum-depression-that-too-many-people-believe/	1		Article about postpartum depression being a real "illness" in which a person might not be able to function as expected.

Name	URL	Others	Self-Stigma	Summary
Hospitals offer A&E for people with mental health crisis	http://www.theguardian.com/society/2016/apr/19/nhs-a-and-e-mental-health-crises		1	Article about a new phone helpline that provides advice and guidance services to those with a mental condition.
I'd just burst into tears': the emergency workers dealing with PTSD	http://www.theguardian.com/society/2016/apr/19/burst-into-tears-emergency-workers-ptsd-post-traumatic-stress-disorder		1	Article about public services workers whom develop PTSD after dealing with traumatic experiences and what can be done to alleviate the burden.
Williamtown residents demand more mental health support for contamination crisis	http://www.abc.net.au/news/2016-04-19/residents-demand-more-mental-health-support-for-contamination/7336986	1		Article about the mental stress that residents of Williamtown are going through after learning about the contamination of their water system.
Refusing to be silent about mental health	http://www.bphope.com/blog/refusing-to-be-silent-about-mental-health/		1	Article about speaking out about mental illness.
		4.5	7.5	12
Musings of a Bipolar Hot Mess				
What Bipolar Disorder Really Feels Like.	http://dailymed.online/what-bipolar-disorder-really-feels-like/	1		Article explains how bipolar disorder damages relationships and hurts job performance on those who have it.
can-you-accept-happiness	http://bipolarhotmess.com/can-you-accept-happiness/		1	Article about the inability to feel joyous because of the fear it might turn into a disaster.
how-hot-mess-really-became-the-bipolar-hot-mess	http://bipolarhotmess.com/how-hot-mess-really-became-the-bipolar-hot-mess-the-story-of-how-i-went-from-a-paralegal-with-a-bipolar-diagnosis-to-mental-health-advocate-with-a-catchy-name/		1	Article with a personal story of how the author used her bipolar disorder diagnosis to show how difficult it is to have the condition.
how-hot-mess-really-became-the-bipolar-hot-mess	http://bipolarhotmess.com/long-overdue-apology/		1	Article about attributing past negative behaviors to the bipolar condition.

Name	URL	Others	Self-Stigma	Summary
The Adult Bipolar Child: A Parent's Story	http://bipolarhotmess.com/a-parents-voice-on-life-with-an-adult-child-with-bipolar/	1		Article with a Q&A session with the parent of a person with bipolar disorder and the advice to other parents attributing catastrophic behavior to mood swings.
		2	3	5
Totals		65.75	66.75	132.5

Results

Name	URL	Remission	Functionality	Summary
Depression and Bipolar Support Alliance				
		0	0	0
International Bipolar Foundation				
Research explores the positives of bipolar disorder	https://www.sciencedaily.com/releases/2012/05/120503115927.htm		1	Highlights positive traits of bipolar condition and how it is meaningful to those who experience it.
		0	1	1
National Alliance on Mental Illness				
We Don't Have to Just Tolerate	http://www.nami.org/Personal-Stories/We-Don't-Have-to-Just-Tolerate	1		Article about facing the reality of our own behavioral flaws as a way to learn about our condition through acceptance.
		1	0	1
BP Magazine for Bipolar				
		0	0	0
Bipolar Advantage				
Learning to Be Bipolar Vs Waiting to Crash	https://www.psychologytoday.com/blog/bipolar-advantage/201603/learning-be-bipolar-vs-waiting-crash		1	Article exposes the possibility of learning to function fully during manic and depressive episodes.
High Functioning Depression, a New Breakthrough	https://www.psychologytoday.com/blog/bipolar-advantage/201602/high-functioning-depression-new-breakthrough		1	Article about being as productive during depression as in any other state.
How Do We Measure Success In Treating Bipolar Disorder?	https://www.psychologytoday.com/blog/bipolar-advantage/201601/how-do-we-measure-success-in-treating-bipolar-disorder		1	Article about the development of functionality assessments as a tool to measure functionality, awareness, and the understanding of mania and depression

Name	URL	Remission	Functionality	Summary
Is Bipolar Still In Disorder Really The Best We Can Do?	https://www.psychologytoday.com/blog/bipolar-advantage/201601/is-bipolar-still-in-disorder-really-the-best-we-can-do		1	Article about rising above the self-assumed stigma that we cannot do or be greater things because of our mental conditions.
X-Men: Days of Future Past Explores Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201405/x-men-days-future-past-explores-bipolar-disorder		1	Article exposes the metaphorical similarities that can be found between x-men and people with bipolar disorder.
We Are the X-Men	https://www.psychologytoday.com/blog/bipolar-advantage/201405/we-are-the-x-men		1	Article exposes the metaphorical similarities that can be found between x-men and people with bipolar disorder.
Feelings vs. Reactions	https://www.psychologytoday.com/blog/bipolar-advantage/201402/feelings-vs-reactions		1	Article about learning to make the difference between how we feel and our reactions.
The Most Important Thing To Know During Bipolar Episodes	https://www.psychologytoday.com/blog/bipolar-advantage/201504/the-most-important-thing-know-during-bipolar-episodes		1	Article discusses the most important thing to know during bipolar episodes: how to function while in a state.
The Gifts of Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201504/the-gifts-depression		1	Author describes the meaningful gifts that she has found in depression.
Confusing How and Why Is Prolonging The Suffering in Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201502/confusing-how-and-why-is-prolonging-the-suffering-in-bipolar		1	Article explains what remission is and how it is an unrealistic expectation according to the Step-BD study.
Bipolar People Get Angry Too	https://www.psychologytoday.com/blog/bipolar-advantage/201312/bipolar-people-get-angry-too		1	Article about how dealing with intense states has taught bipolar people to handle more intense anger states as well.
It Gets Better: Ending The Stigma Of Bipolar Mental Illness	https://www.psychologytoday.com/blog/bipolar-advantage/201311/it-gets-better-ending-the-stigma-bipolar-mental-illness		1	Article about taking a stand and not succumbing to the stigma that we are "ill".

Name	URL	Remission	Functionality	Summary
Are You Fighting Stigma Or Causing It?	https://www.psychologytoday.com/blog/bipolar-advantage/201311/are-you-fighting-stigma-or-causing-it		1	Article describes stigma and how succumbing to it is diminishing our potential.
How Depression Prepared Me For A Death In The Family	https://www.psychologytoday.com/blog/bipolar-advantage/201511/how-depression-prepared-me-death-in-the-family		1	Article about how the understanding of depression was helpful in turning the experience of a family death from a burden to an asset.
Choosing Mania or Depression Without Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201411/choosing-mania-or-depression-without-disorder		1	Article describes how learning to choose our states changes our perspective on bipolar disorder.
How I Found Ecstasy In Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201207/how-i-found-ecstasy-in-depression		1	Article about how depression is a meaningful experience that contributes to finding beauty in every moment of our lives.
Is Bi-Cycling Delusion Keeping Your Bipolar In Disorder?	https://www.psychologytoday.com/blog/bipolar-advantage/201308/is-bi-cycling-delusion-keeping-your-bipolar-in-disorder		1	Article explains about the delusions of remission and the role they play in holding us back.
Advantages in Bipolar: No Longer If, But Why and How	https://www.psychologytoday.com/blog/bipolar-advantage/201306/advantages-in-bipolar-no-longer-if-why-and-how		1	Article explaining how advantages of being bipolar have been accepted by the medical community.
What Depressives Can Teach Doctors About Grieving	https://www.psychologytoday.com/blog/bipolar-advantage/201205/what-depressives-can-teach-doctors-about-grieving		1	Article about how the advantages of being depressed can help a doctor be a more caring professional.
Accounting For Time In Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201303/accounting-time-in-depression-and-bipolar-disorder		1	Article about the role that time and intensity plays in turning bipolar disorder into an advantage in our lives.
Finding Value in Depression and Mania	https://www.psychologytoday.com/blog/bipolar-advantage/201302/finding-value-in-depression-and-mania		1	Article explores the relationship between value and functionality in bipolar disorder.

Name	URL	Remission	Functionality	Summary
Taking Measurement of Bipolar Comfort	https://www.psychologytoday.com/blog/bipolar-advantage/201301/taking-measurement-bipolar-comfort		1	Article explains the importance of measuring for understanding, functionality and comfort in order to get a clear picture of a bipolar person's progress in the journey of personal growth.
Understanding Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201212/understanding-depression-and-bipolar-disorder		1	Article describes the importance of understanding how to function in order to know what to do with our states.
Better Awareness of Depression and Bipolar Disorder	https://www.psychologytoday.com/blog/bipolar-advantage/201212/better-awareness-depression-and-bipolar-disorder		1	Article describes the important role of awareness and the impact it has on learning how to function during mania or depression.
The Elephant In The Bipolar Room	https://www.psychologytoday.com/blog/bipolar-advantage/201207/the-elephant-in-the-bipolar-room		1	Article points out the underlying assumptions behind disability, treatment, stigma, and patient rights arguments regarding bipolar and depression.
The Six Stages Of Bipolar and Depression	https://www.psychologytoday.com/blog/bipolar-advantage/201209/the-six-stages-bipolar-and-depression		1	Article explains the stages of moving from bipolar disorder to bipolar in-order.
Bipolar IN Order Is Not Remission	https://www.psychologytoday.com/blog/bipolar-advantage/201207/bipolar-in-order-is-not-remission		1	Article explains the distinction between remission and having Bipolar IN Order.
Why I Am Against Remission For Depression and Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201304/why-i-am-against-remission-depression-and-bipolar		1	Article about challenging the premise of remission as the end goal of treatment.
The Avengers — Dr. Banner's Wisdom About Bipolar	https://www.psychologytoday.com/blog/bipolar-advantage/201205/the-avengers-dr-banners-wisdom-about-bipolar		1	Article explains that the secret to getting bipolarIN order is the same as for anger.
Where Is the Line Between Hypomania and Out of Control?	https://www.psychologytoday.com/blog/bipolar-advantage/201204/where-is-the-line-between-hypomania-and-out-control		1	Article exposes the idea of learning to function even during higher intensity manic states.

Name	URL	Remission	Functionality	Summary
Driving While Bipolar	http://blogs.webmd.com/mental-health/2011/05/driving-while-bipolar.html		1	Article explains about the possibility to learn to function even during manic and depressive episodes.
Going With The Flow To Achieve Bipolar In Order	https://www.psychologytoday.com/blog/bipolar-advantage/201103/going-the-flow-achieve-bipolar-in-order		1	Article explains about the flow of energy and its relationship to achieving Bipolar IN Order.
The Black Swan of Bipolar and Depression	http://blogs.psychcentral.com/bipolar-advantage/2011/02/the-black-swan-of-bipolar-and-depression/		1	Article challenges the idea that depression can only be experienced as an evil omen.
What Is Bipolar? What is Bipolar Disorder? Bipolar In Order?	http://blogs.psychcentral.com/bipolar-advantage/2010/11/what-is-bipolar-what-is-bipolar-disorder-bipolar-in-order/		1	Article explains the difference between bipolar disorder and bipolar IN Order.
Am I Still Depressed If I Don't Act Like It?	http://blogs.psychcentral.com/bipolar-advantage/2010/04/am-i-still-depressed-if-i-dont-act-like-it/		1	Article explores the idea of choosing how to respond to our states and what that means about the depressive state.
		0	35	35
Bipolar Disorder - New Life Outlook				
		0	0	0
My Bipolar Disordered Life				
		0	0	0
Healthline: Living With Bipolar Disorder				
		0	0	0
Bipolar Awareness~Stop the Stigma				
With Depression, Nothing Is Permanent	http://psychcentral.com/blog/archives/2016/04/18/with-depression-nothing-is-permanent/	0.5		Use the idea of impermanence as a tool to get through depression and notice it is a passing emotion.
		0.5	0	0.5

Name	URL	Remission	Functionality	Summary
Musings of a Bipolar Hot Mess				
		0	0	0
Total		1.5	36	37.5