

Living with Bipolar I Disorder

Individuals Living with Bipolar I Disorder (BD-I)
Shared Perspectives on Treatment and Medication

EVERYDAY IMPACT

Living with BD-I can be a difficult and isolating experience that impacts daily life.

Survey participants have been living with BD-I for about **16 years** and the average age of diagnosis was **28**.

81%

agreed* that they felt like no one understands what they're going through

77%

agreed* that living with BD-I makes them feel isolated and alone



Among those who had been employed or attended school

51%

said their BD-I makes them less productive at work or school

47%

have tried to hide their condition from colleagues and classmates

Top Concerns About Managing BD-I

28%
Sleep quality

28%
Motivation and energy to do things they enjoy

27%
Frequency of depressive symptoms or episodes

THE TREATMENT JOURNEY

Finding the right treatment can be a lengthy and difficult process.



70%

agreed that finding a BD-I medication that works well for them has proven difficult

54%

had tried 5 or more medications

17%

had tried 10 or more medications

BOTHERSOME SIDE EFFECTS

93% of respondents said they experienced medication side effects and **95%** of those who experienced medication side effects reported that those side effects have had a negative impact on their daily lives.

Most reported side effects:

56%
Weight gain

56%
Anxiety

53%
Drowsiness and sleepiness

Negative impact of side effects:

41%
Motivation to do things they enjoy

34%
Sleep quality

22%
Sexual desire/functioning

80% of people living with BD-I agreed that they wished there were treatment options that relieved their symptoms, but had fewer side effects.

Despite the challenges that some people living with BD-I face in their treatment journey, **75%** of survey respondents reported feeling well-managed on their current medication regimen.



*All "agreed" percentages represent a net, or sum, of the proportion of respondents who selected "somewhat agree" and "strongly agree" in response to the question asked, unless otherwise noted.