

# 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.

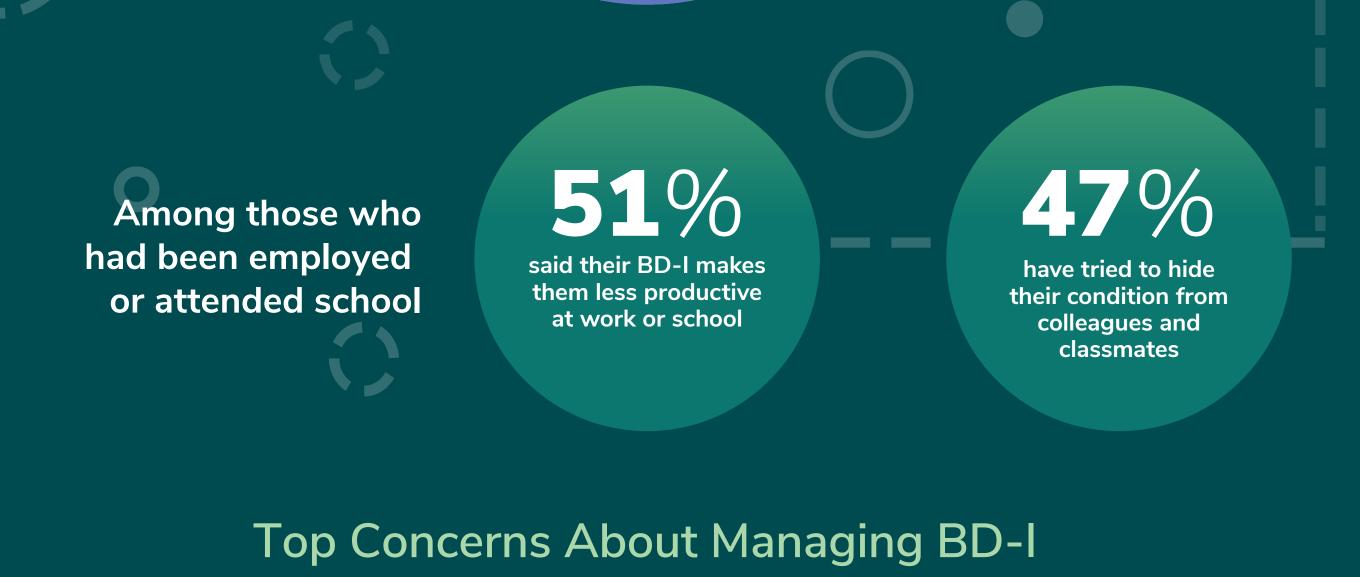
81%

agreed<sup>\*</sup> that they felt like no one understands what they're going through

LIVING WITH BO-1

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

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

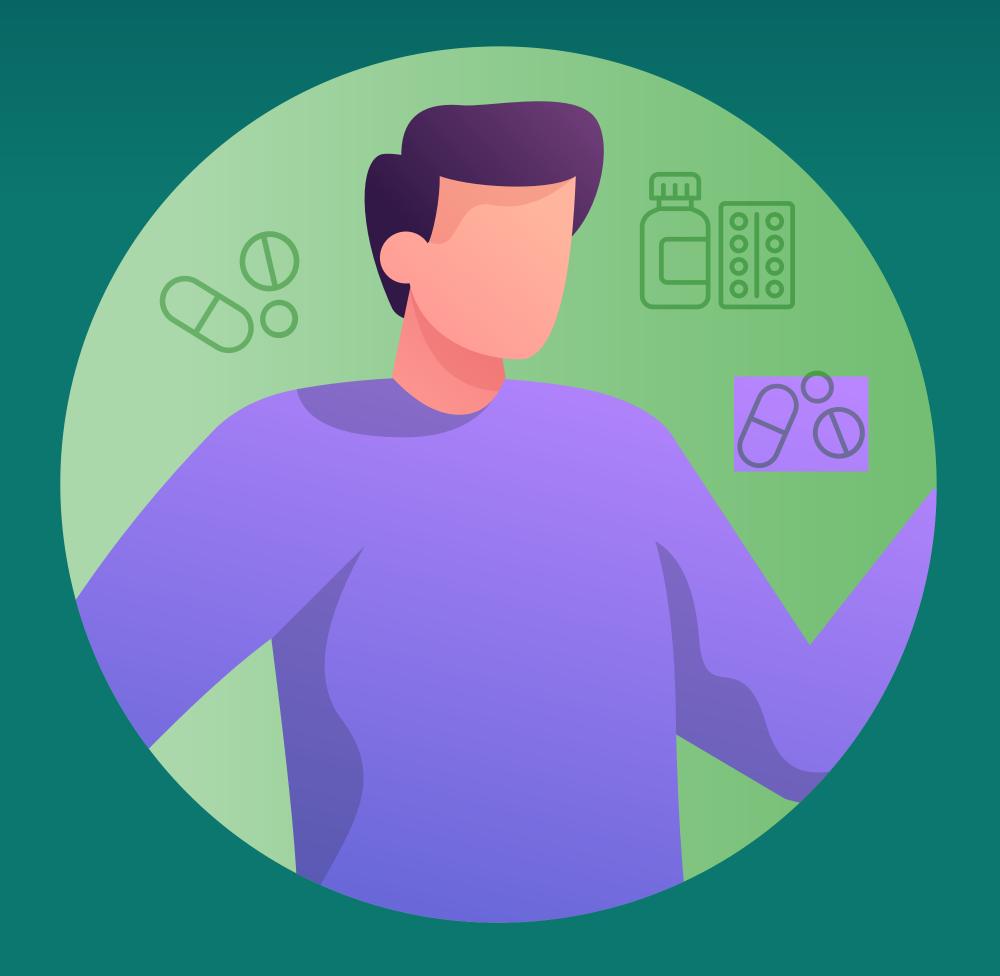






## THE TREATMENT JOURNEY

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:









Drowsiness and sleepiness

#### Negative impact of side effects:



**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.





Depression and Bipolar Support Alliance

The Harris Poll conducted these online surveys on behalf of Alkermes, Inc., a subsidiary of Alkermes plc, and in consultation with DBSA among 305 people living with BD-I in the U.S. In order to qualify for participation, subjects had to be aged 18-60, must have taken BD-I medication at the time of the survey or in the year prior to the survey, and could not have been managing/receiving treatment for schizophrenia at the time of the survey. Data were collected between August 3 and August 26, 2021, and raw data were not weighted and are therefore only representative of those who completed the survey. The results of this survey do not necessarily represent the experiences of the broader population of people living with BD-I.