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ble side effects took place to ensure patient safety. The patient had to agree to the treatment before its application to her. Conclusion

③ **Bipolar disorder is an ailment that influences a small but significant population portion in early adulthood.** The disease has devastating consequences for patients and caregivers. For instance, patients suffer from extreme lows and highs as they age, especially when the disorder advances from bipolar-1 onward. Many have to overcome the stigma of mental illness, particularly at a professional level where discrimination and status loss is prevalent. People with bipolar disorder necessitate consistent therapy sessions to help them accept the condition and live comfortably with the illness (Papiol et al., 2018). Hence, it is significant to bring back patients to their fullest possible level of ordinary life through planning effective psychoeducation concerning the illness and training problem-solving skills to patients and families. Many drugs are accessible for bipolar disorder treatment, but the professional should carefully select that will best treat the patient. In this case, it is worth

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