

Annotated Bibliography

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Com 4250

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My project is focusing on bipolar disorder. More specifically bipolar disorder and how holistic remedies, socioeconomic status, and stress are factors in hurting and/or helping college aged people cope with living with this mental disorder. Bipolar is characterized by its extreme highs (mania) and extreme lows (depression). The following sources are all going to be useful in one of the three categories mentioned and is further explained in their annotation. I have organized my sources in order by theme and how the themes will be on my final website, first holistic alternatives, second socioeconomic status, and third stress as a factor with mood swings. I also have the textbook listed at the end, it will be helpful with the socioeconomic section, but overall it will be helpful with all three sections and subsections that emerge upon further research.

Mehl-Madrona, L. (2006). Narrative analysis: Alternative constructions of bipolar disorder. *Advances in mind-body medicine*, 22(2), 12-19.

Mr. Mehl-Madrona examines people who have treated bipolar disorder with traditional medication and with more holistic remedies. Over the course of his examination he found that healthier lifestyles were just that, lifestyles, requiring maintenance and upkeep on the person choosing that option. This study will help with the holistic alternatives section of the project because it is about how traditional medication and treatment along with holistic alternatives can achieve a healthy balanced life while living with bipolar disorder.

Legally blonde [Motion picture]. (2001). MGM Home Entertainment.

This is a movie about a sorority girl who gets dumped and decides to go to law school. After getting accepted to Harvard Law, Elle Woods, rises to the top of her class and ends up helping on a murder case. This movie is not a scholarly reference, but it adds so much needed comic relief to my project. I use one quote from this movie and did not want to get in trouble for not citing my source.

Ochinero, M. J. (2012). *Mind Over Medicine: The Common Man's Holistic Guide to Managing Bipolar Disorder*. AuthorHouse.

This book is about a man's journey to dealing with his bipolar disorder and trying to find a healthy balance of holistic alternatives to offset the traditional medications associated with bipolar. This book will be more than helpful in the holistic alternatives section of the project, bringing a real person's struggle into the picture.

Evans, S., Tsao, J. C., Sternlieb, B., & Zeltzer, L. K. (2009). Using the biopsychosocial model to understand the health benefits of yoga. *Journal of Complementary and Integrative Medicine*, 6(1).

This is a medical journal entry about how yoga is good for not only mental but biophysically. Yoga is not only working the body, but working the mind; helping to keep one sane and focused.

Consumer health. (n.d.). Retrieved November 19, 2014, from <http://www.mayoclinic.org/healthy-living/consumer-health/in-depth/alternative-medicine/art-20045267>

This is the link that is attached to the holistic options page. It will send readers to an article that goes into more detail about what holistic healing/medicine is and how it could be beneficial for an individual.

Miech, R. A., Caspi, A., Moffitt, T. E., Wright, B. R. E., & Silva, P. A. (1999). Low socioeconomic status and mental disorders: a longitudinal study of selection and causation during young adulthood 1. *American journal of sociology*, 104(4), 1096-1131.

In this article the researchers examine low socioeconomic status not only as a consequence of mental disorders, such as bipolar disorder, but as the cause as well. They propose that the lack of a mental disorder gets one further ahead in life, leading to a higher socioeconomic status. Whereas being diagnosed and/or treated for a mental disorder is a sentence for a low socioeconomic status and not reaching ones full potential. This is be extremely useful

in my subsection on low socioeconomic status, giving a different point of view from the other research being used for this project.

Health Literacy. (n.d.). Retrieved December 1, 2014, from

<http://www.health.gov/communication/literacy/>

This is an article on improving health literacy. This has come in handy on my SES page because I talk about how low SES and poor health literacy go hand in hand and then give some pointers on how to improve health literacy.

Will and Grace - "Where are the fish?" (n.d.). Retrieved December 1, 2014, from

<https://www.youtube.com/watch?v=Dxt5rmRxYVY>

This is a clip from Will and Grace. In this clip it shows Karen Walker fascinated by a dryer, thinking it is an aquarium. Not understanding how “poor” people wash and reuse clothing. This link adds humor to the low SES section.

Williams, D. R., Takeuchi, D. T., & Adair, R. K. (1992). Socioeconomic status and psychiatric disorder among blacks and whites. *Social Forces*, 71(1), 179-194.

Mr. Williams, Mr. Takeuchi, and Mr. Adair wrote an article focusing on socioeconomic status and race in relation to psychiatric disorders. Their findings were not shocking, African Americans with low socioeconomic status were not treated as well as Caucasians with a high socioeconomic status. This article will be helpful with my socioeconomic status section because it focuses on the root of the issue, race and class when dealing with bipolar or any other psychiatric disorder.

Malkoff-Schwartz, S., Frank, E., Anderson, B., Sherrill, J. T., Siegel, L., Patterson, D., & Kupfer, D. J. (1998). Stressful life events and social rhythm disruption in the onset of manic and depressive bipolar episodes: a preliminary investigation. *Archives of general psychiatry*, 55(8), 702-707.

These seven researchers did a study on bipolar mood swings and the affects that stress has on them. They found throughout their research that manic mood swings were triggered differently than depression mood swings. They took a wide range of ages and different backgrounds to compile their information. This will be a big help in my stress section because it gives me a good starting point for triggers and mood swings.

Swann, A. C., Secunda, S. K., Stokes, P. E., Croughan, J., Davis, J. M., Koslow, S. H., & Maas, J. W. (1990). Stress, depression, and mania: Relationship between perceived role of stressful events and clinical and biochemical characteristics. *Acta Psychiatrica Scandinavica*, 81(4), 389-397.

The relationship between stress and how one handles stress is one of the main focuses of this source. Stress being a trigger for bipolar depressive mood swings and one's ability to handle the stressful situation is going to be helpful in the triggers section of this project.

National Suicide Prevention Lifeline. (n.d.). Retrieved December 1, 2014, from <http://www.suicidepreventionlifeline.org/>

This is the link that is attached to the stress page. I wanted people to know that there is help and people to talk to if the stress of dealing with bipolar gets to be too much.

Du Pre, A. (2014). *Communicating About Health Current Issues and Perspectives* (4th ed). New York: Oxford City Press.

The text book has several chapters and sections that are helpful to the research for this project. Chapter 6 hits on socioeconomic status pretty hard and will be referenced heavily for that section.