Your Child Does NOT Have Bipolar Disorder

Table of Contents

Acknowledgments ix Introduction xiii

PART ONE: CRITIQUE OF PEDIATRIC BIPOLAR DISORDER

1. Adult Bipolar Disorder and the DSM System 3

Adult Bipolar Disorder 4 The DSM System 8

2. Pediatric Bipolar Disorder 15

Pediatric Bipolar Disorder as ADHD and ODD 17
The Development of the Diagnosis of Pediatric Bipolar Disorder 24
Bipolar Disorder in the Very Young 32
One Authoritative View 35

3. Some Studies of the Scientific Basis of Pediatric Bipolar Disorder 39

Genetics 40

Age of Onset: Family Studies 43 Age of Onset: Self-Report 46 Epidemiology 48

Treatment or Prevention 50

4. Cultural Influences in Pediatric Bipolar Disorder 55

How Culture Helps Shape Mental Illness 56 Pediatric Bipolar Disorder as a Media Event 58 Professional Support for the Diagnosis 64 Psychological Consequences of Misdiagnosis 68 Conclusion 71

5. Child and Adolescent Depression: A Brief Introduction 75

Diagnosing Depression in Children and Adolescents 76

The Diagnosis of Depression in Children and Adolescents and *DSM-IV* Criteria 77 Suicide 81

Depression and Bipolar Disorder 82

Conclusion 82

6. Did Romeo and Juliet Have Bipolar II Disorder? Bipolar Disorder in Adolescence 83

Romeo and Juliet 83

Aggression and the Misdiagnosis of Bipolar Disorder in an Adolescent 85 Bipolar Disorder in an Adolescent 86

PART TWO: MEDICATIONS AND PEDIATRIC BIPOLAR DISORDER

7. Three Medications for Pediatric Bipolar Disorder 93

Lithium 94

Valproate 97

Risperidone 99

Conclusion 103

8. Clinical Trials 109

A Change in Clinical Child Psychiatry 110

Introduction to Clinical Trials 112

Multisite Clinical Trials 113

Example of a Clinical Trial 115

Conclusion 120

9. Bad Science 121

The Importance of Falsification 122

Diagnostic Errors 123

Mixing Apples and Oranges 126

Chicken or Egg? 126

Conclusion 127

10. Stimulant Medications 129

Ethical Considerations 130

Increase of Use in Stimulant Medication 132

The MTA Study 134

Stimulant Risks 139

Conclusion 146

PART THREE: ADVICE FOR PARENTS

11. Medication Advice for Parents 153

Stimulant Medications 153

Antipsychotic Medications 155

12. A Family-Based Behavior Modification Program for Oppositional Children 157

Reinforcing Bad Behavior 158

The Behavior Modification Program: An Overview 160

Stage I: Rewards List 162

Stage II: Misbehavior List 164

Stage III: Baseline Data 165

Stage IV: Implementation 166

Family Therapy Considerations 169 For Parents Only 172

Afterword 173 Index 175