



# Brain waves and medication

Caylin Kojima, class of 2015

## Bipolar II Disorder's Effect on Brainwaves

Bipolar disorder is a mental illness that causes extreme shifts in mood, energy, sleep, and behavior. The disorder is defined by oscillating periods of over and under arousal between emotional highs (mania/hypomania) and lows (depression). Having been diagnosed in 2012, I've been looking to explore the physiology of my bipolar brain. Electroencephalogram technology has allowed me to do just that. In collaboration with my doctor, I've been studying patterns in brainwave frequency in hopes of applying the findings to neurofeedback therapy, a type of treatment aims to train patients in self-regulation of their brain functions. Being a long-term condition, bipolar disorder is most commonly treated with medication and psychotherapy. In completing this project, I hope to see if brainwave therapy is a viable alternative or aid to the treatment of this debilitating disease.



Libero purus sodales mauris, eu  
vehicula lectus velit nec velit.