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Discussion

This article has focused on the influence of Omega-3 fatty acid regarding patients suffering from Bipolar disorder. The study claims that Omega-3 fatty acids can reduce irritability in individuals having bipolar condition. Therefore, Bipolar is among the composite diseases and is positively linked with high illness and death. Moreover, bipolar disorder is associated with changes in individuals' moods and capacity to operate. The condition can be severe when symptoms have appeared and the need to cater for its medication before the effects are seen, such as increased suicide and depression. Although psychotherapy and pharmacologic methods have been used to treat irritability, more persistence has been on patients with bipolar disorder.

The article is based on the report of a continuation open study that included 37 patients. The first study had 19 patients, and in this, they added 18 new patients and followed the same conditions. The occurrence of touchiness and harshness was controlled in a proportion of days and one to four, respectively. Since the study measured irritability in ten days, its percentage had a mean of 63.51 hence representing that individuals were irritable for almost six days of the past ten days. The composite severity and irritability had a mean of 159.72, indicating a vast difference in the values obtained. The two measures scores were plotted and exhibited a bimodal pattern presenting a reduced irritability measure. The O-3FA is conceptualized to assist in irritability, attitude, and violence because of its influence on nerve cell membrane steadiness (Sagduyu et al., 2005). Although more dosage of O-3FA is recommended to decrease morning stiffness, nutritional involvements to remedy omega-3 shortage is essential. The source is credible because it is a peer-reviewed article, and also the majority of the sources were recent as they were less than ten years. Furthermore, citations have been used where borrowed information is used.

Reference

Sagduyu, K., Dokucu, M. E., Eddy, B. A., Craigen, G., Baldassano, C. F., & Yıldız, A. (2005).

Omega-3 fatty acids decreased irritability of patients with bipolar disorder in an add-on, open label study. *Nutrition journal*, 4(1), 1-6.

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