

Review of: "Reasons for diagnostic delays in Bipolar Disorder: Systematic review and narrative synthesis"

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Firstly, I congratulate the authors for addressing such an essential aspect of mental health, namely the role of stigmatization and other social factors that impact the quality of care. We must increase awareness in mental health care providers and the public in general on all the issues beyond the symptoms that pose obstacles to the effectiveness of our treatments. Having said this, I would like the authors to reconsider two essential aspects that were not adequately developed in the article:

1. Changes in the criteria for diagnosing Bipolar Disorder: From 1964 to June 2022, the criteria for Bipolar Disorder evolved enormously, not only from the DSM perspective but also from the clinical recommendations and effective treatments. This implies that the comparison between the articles may be confounded by the different ways in which Bipolar disorders were diagnosed or not.
2. Overdiagnosing Bipolar Disorder: Many authors agree that Bipolar Disorder has not only been under-diagnosed but, most importantly, over-diagnosed. The latter also poses relevant obstacles to delivering effective treatment (see Kelly T. Prospective: Is bipolar disorder being overdiagnosed? *Int J Methods Psychiatr Res.* 2018 Sep;27(3):e1725. doi: 10.1002/mpr.1725. Epub 2018 Jun 14. PMID: 29901255; PMCID: PMC6877284., Zimmermann et al.; and so on). It is important to mention both biases (underdiagnosed and overdiagnosed) in the conclusions because this is important for the clinical recommendations.