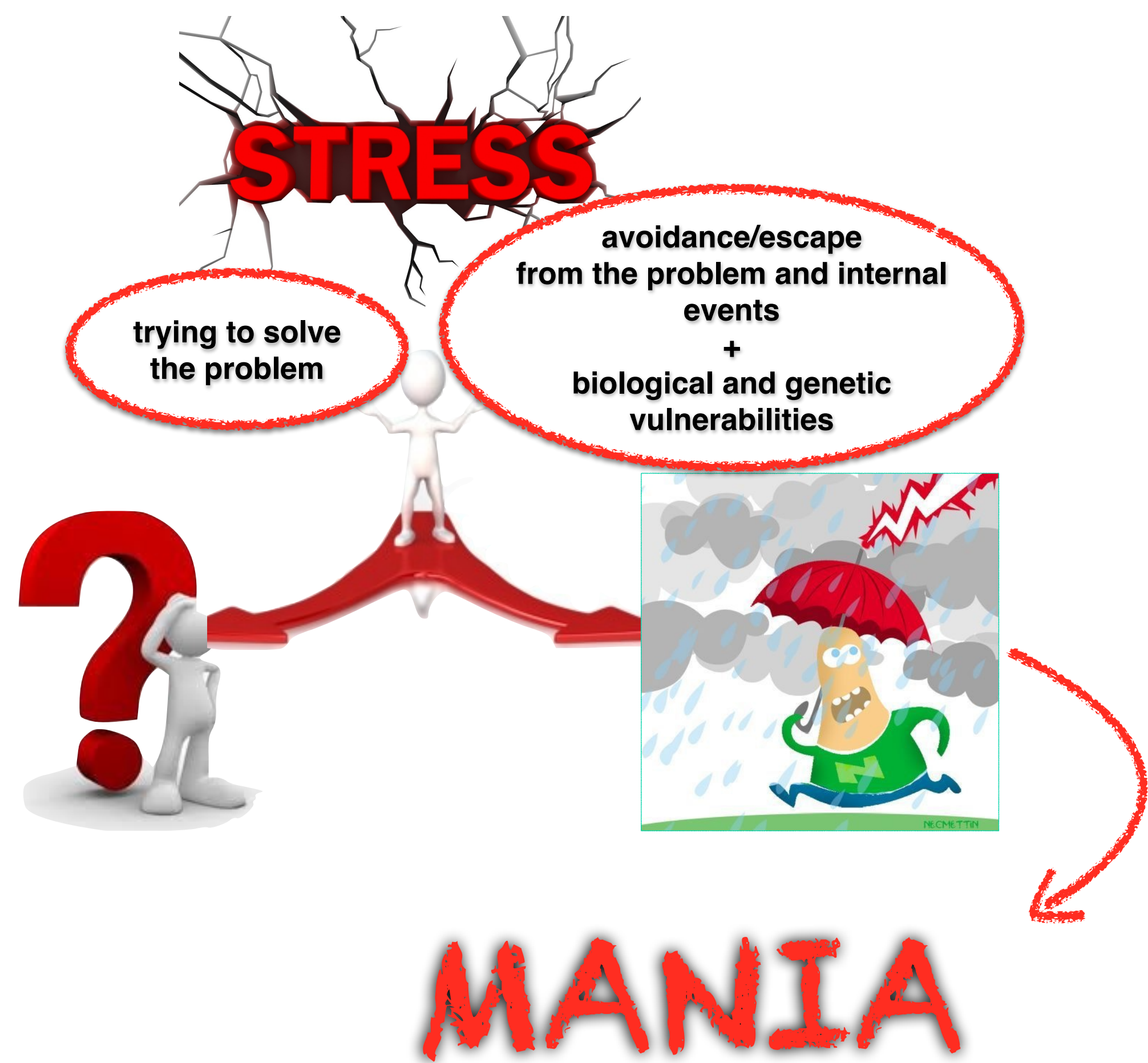


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**1. OBJECTIVE**

- Predomination of biological model in bipolar disorder ends up with prominence of symptom focused pharmacological treatment and underestimation of functionality and quality of life. Although some psychotherapeutic approaches like social rhythm therapy and CBT are effective on reducing symptom intensity (1,2), they don't offer a suggestion about psychopathology of behavioral patterns.
- The aim of this study is to investigate the relationships and interactions between stress appraisal attitudes and rumination, worry, experiential avoidance levels and their clinical reflections in individuals with bipolar disorder.



**2. METHOD**

**Study sample consist of;**

- 67 participants who diagnosed Bipolar I Disorder and in remission (at least 2 months),
- 70 healthy volunteers who had no psychiatric complaints between the age of eighteen to sixty five as the control group

**The measurements are;**

- Socio- demographic Data Form,
- Leahy Emotional Schema Questionnaire (LESQ),
- Ruminative Thinking Style Questionnaire (RTSQ),
- Penn State Worry Questionnaire (PSWQ),
- Stress Appraisal Measure Dispositional Form (SAM- DF),
- Bipolar Disorder Functioning Questionnaire (BDFQ).

**Statistical Analysis**

- For comparison the two groups;
- Independent T-test
  - Chi-square test
  - Mann-Whitney U test
- To explore the relationship between variables;
- Pearson Correlation Analysis

**5. CONCLUSION**

- Avoidance behaviors based on uncontrollability appraisals and unwillingness to experience negative emotions seem to be related with **mania** rather than depression.
- A psychotherapy approach that emphasizes the **acceptance of negative emotions and thoughts** without judgment and increasing functionality would be effective for preventing relapses and recurrences in bipolar disorder.

**4. DISCUSSION**

**Our results indicate that individuals with bipolar disorder;**

- have different interpretations about stressful life events according to the healthy controls like **threat** and **uncontrollability**,
- have cognitive evaluations about **uncontrollability of negative emotions**,
- **don't use a problem solving strategy as rumination** because of the perception of threat and uncontrollability about stress,
- use **negative reinforcement processes** like avoidance, escape, distraction and dissociation for coping with cognitive and emotional aspects of stress,
- use **worry** as an emotion regulation strategy to **avoid** unwanted negative emotions,
- have higher scores of AAQ-II and this indicates that bipolar disorder is related **decreased psychological flexibility** as well as other psychopathologies.

Findings that shows experiential avoidance is in correlation with worry, rumination, negative emotional schemas, dysfunctional stress appraisal and impairment in functionality indicates that **psychological flexibility can be an effective assessment tool** for bipolar disorder.

**References:**

1. Juruena M.F.P. Cognitive-Behavioral Therapy for the Bipolar Disorder Patients: In Oliveira I.R. (editor). Standard and Innovative Strategies in Cognitive Behavior Therapy. Croatia: InTech, 2012, 77-98.
2. Frank E, Swartz HA, Kupfer DJ. Interpersonal and social rhythm therapy: managing the chaos of bipolar disorder. Biol Psychiatry. 2000;48:593-604

**3. RESULTS**

**Primer and seconder appraisals about stress by SAM-DF:**

Threat  
Uncontrollable by anyone } → Bipolar I > control  
Controllable by others

**Emotional Schemas by LESQ:**

uncontrollability → Bipolar I > control

**Metacognitive Processes by RTSQ and PSWQ;**

RTSQ → Bipolar I < control

PSWQ → Bipolar I > control

**Psychological flexibility by AAQ-II;**

AAQ-II → Bipolar I > control,

**Correlations;  
AAQ-II**

+

SAM-DF 'threat'  
'uncontrollable by anyone'  
LESQ 'uncontrollability'  
'weakness against emotions'  
RTSQ ,PSWQ

**BDFQ**

-

SAM-DF 'threat'  
'uncontrollable by anyone'  
LESQ 'uncontrollability'  
AAQ-II, RTSQ ,PSWQ

**Total number of manic episodes**

+

SAM-DF 'uncontrollable by anyone'

-

SAM-DF 'controllable by self'  
LESQ 'acceptance of feelings'

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