

UNIPOLAR MANIA AND BIPOLAR DISORDER: EVALUATION FROM OBSSESIVE BELIEFS AND IMPULSIVITY PERSPECTIVE

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BACKGROUND AND AIM: Bipolar disorder (BD) is a chronic mood disorder characterized by manic/hypomanic and depressive episodes. A diagnosis of Bipolar I Disorder (BD-I) requires at least one manic episode. Unipolar mania (UM) is defined by the presence of only manic episodes. Studies in the literature suggest that patients classified as UM should be considered a separate diagnostic group from classical BD patients. Impulsivity is defined as a tendency to react quickly and without planning. Obsessive beliefs involve misinterpretation of intrusive, unwanted thoughts. This study aims to compare UM and BD-I patients on obsessive beliefs, impulsivity, and their clinical features.

METHODS: Our study received ethical approval (No.24/157) from UHS Hamidiye Scientific Research Ethics Committee on February, 2024. The study included 31 patients with euthymic BD-I and 20 patients with UM. Patients were assessed using sociodemographic data forms, Young Mania Rating Scale, Beck Depression Inventory, Positive and Negative Syndrome Scale, Barratt Impulsiveness Scale, and Obsessive Beliefs Questionnaire.

RESULTS: Suicide attempts were significantly more common in BD-I group (46.7%) than in UM group (0%) ($p<0.05$). No significant differences were found in impulsivity and obsessive belief scores, except for perfectionism and intolerance of uncertainty subscale, which were higher in BD-I ($p<0.05$). Patients with a history of suicide attempts had higher planning subscale scores ($p<0.05$), but other impulsivity subscale scores showed no significant differences ($p>0.05$).

CONCLUSIONS: Despite small sample size, our findings suggest that while UM and BD-I patients share similar levels of impulsivity and obsessive beliefs overall, BD-I patients exhibit significantly higher levels of perfectionism and intolerance of uncertainty. Additionally, a history of suicide attempts was markedly more common in BD-I patients. Furthermore, patients with a history of suicide attempts demonstrated higher impulsivity in the planning subscale.

Keywords: Bipolar disorder, impulsivity, unipolar mania