

Evaluation of the effectiveness of community reentry program in adherence treatment and control of symptoms of Bipolar Mood Disorder I in patients admitted to the psychiatric ward of men and women of Dr. Fatemi Hospital in Ardabil

Abstract

Background: Bipolar disorder or manic depression is a type of mood disorder in which people suffering from this disease experience severe mood changes. In the present study, we examined the effect of the intervention of returning to the community along with the usual treatment on the degree of adherence to the treatment and controlling the symptoms of bipolar disorder.

Aim: Determining the effectiveness of CRP in type 1 bipolar patients admitted to the psychiatry department for men and women.

Materials and methods: The present study was a randomized clinical trial study in which 50 patients with bipolar disorder were randomly divided into two groups of 25 and studied. Both groups received the usual treatment, and the intervention group received the trainings for returning to the community along with the usual treatment. Both groups were evaluated at the beginning of the study and after two months using four questionnaires. The mentioned questionnaires are Young Mania Questionnaire, Moriski Medication Adherence Questionnaire, Phillips Social Support Questionnaire and Bass Perry Aggression Questionnaire. Finally, the data were analyzed using SPSS statistical software.

Results: During this study, 25 people in the intervention group (10 men) with an average age of 36.74 ± 9.61 years and 25 people in the control group (11 men) with an average age of 36.64 ± 9.78 years were examined. The average scores obtained by the volunteers of the intervention and control groups were not significantly different at the beginning of the study, and the two study groups were similar in terms of the scores of the selected questionnaires before the start of the intervention ($P > 0.05$ in all cases). The score of the bipolar disorder

questionnaire increased significantly after the CRP intervention, which was performed along with the main treatment for the patients (22.8 points decrease, $P < 0.001$), which indicates the improvement of the disease condition in these patients. Also, the score obtained by the subjects, which shows compliance with the treatment, also showed a significant increase in the study process (2.26 unit increase, $P < 0.001$). Similar results were observed in the control group. By comparing the values at the end of the study between the two groups, the scores obtained in the treatment adherence test, the Bass and Perry questionnaire and the Phillips social support questionnaire were significantly different in the intervention and control groups (P value in all cases $p > 0.05$), so that in the group The intervention scores of Bass and Barry questionnaires were significantly lower and the scores of MMS8 and Phillips questionnaires were significantly higher than the control group.

Conclusion: According to the results of the present study, the intervention of returning to society along with routine drug treatment, which is considered for all patients with bipolar disorder, was able to have a significant positive effect on the degree of adherence to treatment, various aspects of social support and Aggression of patients should be investigated. It should be kept in mind that the stated weaknesses could also have affected the results of our study, so it is better to conduct more comprehensive studies to better examine the various aspects of bipolar disorder patients.

Key words: Bipolar disorder, community return program, Young Mania Questionnaire, Morisky Medication Adherence Questionnaire, Phillips Social Support Questionnaire, Bass Perry Aggression Questionnaire