

Examining the severity of symptoms and signs of bipolar I disorder in bipolar patients with cluster B and C personality disorders.

Abstract

Background: Bipolar disorder imposes many costs both directly and indirectly on the society and the family of the patients. On the other hand, the simultaneous presence of personality disorder in psychiatric patients can change the disease symptoms, prognosis and even the course of treatment. Considering the high prevalence of personality disorders in bipolar patients and considering that no comparison has been made in terms of the severity of symptoms and the type of personality disorder in these patients; Therefore, this study was conducted with the aim of investigate and compare the severity of symptoms and signs of bipolar disease in type I bipolar patients who have cluster B and C personality disorder.

Aim: To investigate and compare the severity of symptoms and signs of bipolar disorder type I in bipolar patients with cluster B and C personality disorders.

Materials and methods: The present study is a descriptive-analytical study and the target population was people with bipolar disorder type I who referred to the psychiatric clinic and clinics of Ardabil city in 2022 - 2023 and had comorbidity with cluster B or C personality disorder based on the evaluation. 77 samples were selected with a targeted method and according to the inclusion criteria. Demographic and Millon and Mania Yang questionnaires were used to collect data. Also, to analyze the data, first the normality test of the variables was performed, and the t-test for two independent groups and the Pearson correlation test and covariance test were performed.

Results: There was a direct and significant relationship between the mean scores of cluster B personality disorders in bipolar patients with cluster B personality disorder and Young's mania score and bipolar spectrum score ($p < 0.001$). Also, there was an inverse and significant relationship between the average scores of cluster C personality disorders and the Young Mania test score in bipolar patients with cluster C personality disorder ($p = 0.030$). In comparing the severity of mania in bipolar disorder patients with cluster B and C personality disorders based on the T-test, despite the fact that Young's Mania Test scores were higher in patients with cluster B personality disorder than in patients with cluster C personality disorder, a significant difference was not observed between them. However, in examining the bipolar spectrum score, a high and significant difference was observed between the bipolar spectrum scores of patients with cluster B and C personality disorders. Also, there was no significant relationship between the age of the patients or their marital status or their gender with the severity of symptoms and signs of bipolar disorder.

Conclusion: The coexistence of cluster B personality disorders aggravates the symptoms of the manic phase of bipolar disorder in bipolar patients with cluster B personality disorders. Also, the coexistence of cluster C personality disorders reduces the symptoms of the manic phase of bipolar disorder in bipolar patients with cluster C personality disorders. On the other hand,

patients with bipolar disorder who also have cluster B personality disorder show more severe mania symptoms than patients with bipolar disorder who have cluster C personality disorder. In addition, there was no correlation between the severity of the symptoms of the manic phase of bipolar disorder in bipolar patients with personality disorders of different ages, gender or marital status.

Keywords: bipolar disorder - bipolar disorder type I - manic phase - personality disorder - cluster B personality disorder - cluster C personality disorder