

Bipolar Disorder (BAR) In Boys Aged 18-25 Years

Stepanenko V*

Honorary Doctor of Sciences, Professor (Psychological Sciences) Advisor to the Russian Academy of Natural Sciences, Russia

Article Info

Article History:

Received: 25 December, 2023

Accepted: 28 December, 2023

Published: 30 December, 2023

*Corresponding author: Stepanenko V, Honorary Doctor of Sciences, Professor (Psychological Sciences) Advisor to the Russian Academy of Natural Sciences, Russia; DOI: <https://doi.org/10.36266/IJN/167>

Abstract

In the Scientific Research Center of Psychotherapy in St. Petersburg, studies of young men aged 18-25 years were conducted on the subject of bipolar disorder (BAR), differential diagnosis and correction were carried out and it was concluded that this disease occupies a leading place in prevalence among young men of this age.

Keywords: Bipolar disorder; Personality disorder; Addiction

Copyright: © 2023 Stepanenko V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Introduction

In the Scientific Research Center of Psychotherapy in St. Petersburg, studies of young men aged 18-25 years were conducted on the subject of bipolar disorder (BAR), differential diagnosis and correction were carried out and it was concluded that this disease occupies a leading place in prevalence among young men of this age. It occupies a leading place in the structure of borderline mental disorders that caused it. The number of young men with an established mental disorder has remained at the same level in recent years and amounts to 35-45% of the total number of young men.

The Purpose of the Study

To analyze the dynamics of the structure of the disease in young men aged 18-25 years.

Tasks

- To identify the dynamics of changes in the structure of disorders in young men with bipolar disorder.
- To identify the factors influencing the dynamics of the structure in young men.
- To develop methodological materials for young men with a diagnosis and their relatives.

The Hypothesis of the Study

The structure (BAR) in young men is a heterogeneous dynamic formation, the severity of the components, which manifests itself depending on the influence of external and internal factors. The materials and methods of the research were carried out in SIC.

Research Methods

Theoretical (analysis of theoretical data). Empirical methods (observation, conversation, testing, study and analysis of medical history data).

Methods

Pathopsychological testing, standardized personality questionnaires (SMIL, HADS, progressive Raven matrices, suicide risk questionnaire "Signal". Quantitative (methods of qualitative and quantitative data processing). Criteria for inclusion in the study: age from 18 to 25 years, availability of referral for additional pathopsychological research.

The results and their discussion. During the period from 2019 to 2023, 239 people were examined. Of these, 71 young men (29.7%), according to the results of a pathopsychological examination, entered the group with a diagnosis of personality disorder; 27 (11.4%) – with varying degrees of mental retardation (some were newly diagnosed, part of the group was diagnosed earlier, but by decision of the parents the data were not provided, due to ignorance of the need to submit data), 13 (5.4%) – with a diagnosis of schizophrenia, 13 (5.4%) people with an established diagnosis of organic personality disorder, 83 people (34.7%) had accentuation of character and 32 people (13.4%) had no disorders of mental processes. Based on the general indicators of the emotional sphere in the SMIL methodology, violations in the form of emotional instability come to the fore (57.7%). This suggests that one of the main distinguishing features of personality disorders are emotional disorders, there is an increase in the level of emotional tension and suspiciousness, as well as an increase in the parameter of emotional restraint. Those surveyed in 2021 had high rates of emotional instability (46.7%), as well as an indicator of internal emotional tension (33.3%). During the study period, there was a multidirectional dynamics of changes against the background of the complexity of the structure of personality disorders. This manifests itself in the form of a significant increase in indicators of general anxiety and depression, as well as the risks of suicidal reactions in all types of disorders, which led to a mixture of different characteristics. Thus, we have revealed that since 2019, mixed personality disorder has been dominant. By 2021, there is

an increase in anxiety personality disorders (6.7% of the surveyed). Since 2020, there has been a significant increase in schizoid personality disorder from 9.1% to 35.7%. Summing up all the data obtained during the study, since 2019 it can be said that there has been a dynamic of changes in the structure of disorders in young men with personality disorders towards the complication of personal components. This is manifested in an increase in anxiety levels, as well as the appearance of a depressive element. Along with anxiety and depression, an increase in the risk factor of a high level of suicidal reactions is added. Based on the change in the dynamics of the structure of personality disorders towards an increase in schizoid, mixed and anxiety types, and a significant increase in the general background of anxiety and depression, the risk of suicidal reactions in these and other types, methodological recommendations for psychological assistance in the formation of adaptive mechanisms for people with personality disorders were compiled. In addition to the adaptation program, a memo was compiled for relatives.

Conclusions

- Bipolar disorders in young men are the leading pathology detected during psychological examination. Analyzing the data on the dynamics of the structure of disorders of personality disorders, mixed personality disorder is dominant.
- In 2023, there is an increase in depressive and anxiety personality disorders. Along with anxiety and depression, an increase in the risk factor of a high level of suicidal reactions is added. All these changes are reflected in the emotional state of young men, which was recorded by an increase in the level of internal emotional tension, as well as suspiciousness.
- The leading factors determining the structure of personality disorders in young men aged 18-25 are: isolation measures related to the prevention of the spread of COVID 19, increased uncertainty in predicting the future (unemployment, military conflicts, falling living standards), restrictions on social contacts and communication (on the principle of "face-to-face) due to growth the popularity of communication using messengers and social networks (online life).
- The program of psychological assistance developed by us for young men with identified personality disorders is aimed at helping them adapt to the social environment at work, at school, as well as when interacting with loved ones.

References

1. Alexandrovsky Yu. A Borderline mental disorders. 2007; 720.
2. Ananyev BG, Romanova M. The structure of character. Psychology of individual differences edited by Gippenreiter YB. 1982; 172-178.
3. Anufriev AK, Liberman VG, Ostroglazov M. Glossary of psychopathological syndromes and conditions. 1990; 105.