EPV0255

General population's perceptions regarding marriage in patients with Bipolar disorder

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Introduction: The general population's views on marrying individuals with bipolar disorder are shaped by a combination of personal experiences, cultural beliefs and media portrayals, and this emphasize the challenges for successful, supportive relationships among them.
Objectives: To explore these perceptions we performed a qualitative analysis of public attitudes toward marriage in individuals with bipolar disorder.
Methods: A cross-sectional study was carried out using a convenience sampling approach among the general population. The survey was distributed through social media platforms and, in addition to collecting socio-demographic and clinical data, it provided a detailed account of the symptoms and outcomes associated with bipolar disorder. It also included open-ended questions aimed to evaluate perceptions of the potential advantages and disadvantages of being in a relationship with someone who has bipolar disorder. The responses were analyzed, and common themes reflecting public opinion were identified.
Results: A total of 304 participants, mostly aged between 20 and 30, were included, with women making up 80.9% of the group. The majority held a university degree. A family history of psychiatric conditions was reported by 35.6% of the participants, and 23.35% mentioned living with someone who has a psychiatric disorder. Additionally, around 87% of the participants acknowledged having consulted a psychiatrist at least once in their lifetime.
Responses regarding potential disbenefits of being married to a patient with bipolar disorder included 9 themes. The most representative ones were 1) the fear of dealing with mood swings and recurrent mood episodes (10.2%); 2) the impossibility of having a stable relationship (7.2%), 3) the risk of physical and/or verbal violence (6.4%); 4) the elevated risk of separation (4.6%); and 5) the risk of suicide (3.9%). Other themes included concerns about 6) transmitting the pathology to their descendants; 7) dealing with a partner who refuses treatments; 8) having an irresponsible companion; and 9) facing financial problems.
About 8.9% of the participants stated that they were willing to get married with a patient with bipolar disorder in order to help him survive his illness; 6.2% of them qualified him as intelligent and affectionate; and 5.2% considered manic episodes as an opportunity to alter routine.
Conclusions: Public perceptions of marriage with individuals with bipolar disorder are shaped by a complex interplay of stigma, fear, and misinformation. While negative stereotypes are prevalent, there is also a recognition that with the right support, successful marriages are possible. Addressing the knowledge gaps and promoting empathy are crucial steps in reducing stigma and supporting individuals with bipolar disorder in their personal and marital lives.

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EPV0256

The Effect of Emotion Regulation Strategies on Functioning in Individuals with Bipolar Disorder

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Introduction: Bipolar disorder is a chronic disorder characterized by intense fluctuations in mood, which seriously affects the mental health and quality of life of the individual (APA, 2022). The most prominent features of this disorder include episodes of mania, hypomania and depression. In between these episodes, individuals may generally experience periods of emotional stability; however, the severity and frequency of emotional fluctuations may show individual differences. Bipolar disorder affects not only individuals' mood, but also their cognitive functioning, social relationships, and overall mental health. In this context, the strategies these individuals use to cope with emotional difficulties play an important role in mental health. Especially in manic episodes, individuals often struggle with an uncontrolled increase in excessive positive emotions, while in depressive episodes they have to cope with intense negative emotions (Gruber, 2011). Research shows that individuals with bipolar disorder often resort to dysfunctional emotion regulation strategies, which may have a negative impact on the frequency and severity of episodes. However, studies on the effectiveness of emotion regulation strategies in individuals with bipolar disorder are limited. In particular, more research is needed on how these strategies play a role in different stages of the illness and to what extent the effects of these strategies on individuals' overall functioning differ.
This study aims to examine the effects of emotion regulation strategies used by individuals with bipolar disorder on functioning.
Objectives: The aim of this study is to examine the effect of emotion regulation strategies used by individuals with bipolar disorder on their functioning. In particular, it is aimed to analyze the differences between functional and non-functional strategies on functioning.
Methods: This study was planned according to a descriptive correlational design. Data will be collected from individuals diagnosed with bipolar disorder using the Cognitive Emotion Regulation Scale, Difficulty in Emotion Regulation Scale-Short Form (DERS-16), Young Mania Rating Scale, Brief Psychiatric Functioning Rating Scale and Sociodemographic Data Form. Participants will fill in these scales and the effect of emotion regulation strategies on functioning will be evaluated. The data will be subjected to appropriate methods for statistical analysis.

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