



Psychology of bipolar depression: revisiting past and present researches, prospects ahead, and moving toward future directions

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Abstract

Bipolar disorder (BD) is a debilitating psychiatric disorder characterized by recurrent depression, mania, and hypomania episodes. The interaction of psychological, neuropsychological, and neurobiological factors (cognitive, behavioral, and emotional) is implicated in the development and persistence of BD. Accordingly, almost all investigators confirm that BD is the outcome of psychological and genetic interactions. Therefore, researchers should consider various factors in the psychopathology and psychotherapy of BD. This selective review first reviews research on these factors, then points to a variety of therapeutic methods for BD [interpersonal and social rhythm therapy (IPSRT), cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and family-focused therapy (FFT)], and finally suggested a new comprehensive integrated model for the assessment and therapy of BD.

Keywords

Bipolar disorder, psychological factors, comprehensive integrated model

Introduction

Nowadays, almost all researchers agree that bipolar disorder (BD) is the result of many genetic and psychological interactions [1]. French psychiatrist Jean-Pierre Falret published an article in 1854 describing what he called “la folie circulaire”, which translated to circular insanity [2]. The article details individuals switching through severe depression and mania and is considered to be the first documented diagnosis of BD [2, 3].

The definitions and distinctions of BD in the field of mental health are a continuing issue and have been frequently revised by the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD) [4, 5]. The conceptualization of the BD has changed since the first description of mania-depressive illness. Although depression and mania episodes are defined by symptoms that have changed over the years, hypomania episodes have been described with fewer changes and their location is less clear than other episodes. Mania and hypomania episodes are considered dimensional as



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