

عنوان مقاله:

Effect of dialectical behavior therapy on executive function and emotion regulation in bipolar disorder

محل انتشار:

نوزدهمین کنگره پژوهشی سالانه دانشجویان علوم پزشکی کشور (سال: 1397)

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خلاصه مقاله:

Background and Objective: Bipolar disorder is a debilitating psychiatric disorder characterized by recurrent depression, manic, and hypomanic episodes. Dialectical behavior therapy has been investigated on emotion regulation in Bipolar disorder. However; effects of Dialectical behavior therapy on executive function has not been addressed so far. The purpose of the present study was to determine the Effect of Dialectical behavior therapy on executive function and emotion regulation in Bipolar disorder. **Materials and Methods:** Sixty patients with Bipolar disorder participated in the present study. They were randomized assigned to intervention (Dialectical behavior therapy + medication) and control (only medication) groups. Questionnaires (Young Mania Rating Scale, Beck depression inventory, Difficulties in Emotion Regulation Scale, and Five Facet Mindfulness Questionnaire) and tasks (Tower of London task and Wisconsin card sorting task) were used at baseline, after 12 weeks, and 3 months after intervention. Participants in the intervention group received twelve 90-min sessions standard dialectical behavior therapy for bipolar disorder. Data were analyzed by analysis of covariance (ANCOVA) and repeated measure to compare the groups. This work was supported by Research Deputy of Kashan University of medical sciences. The Local Ethics Committee approval was obtained (IRCT2017031233023N1). **Findings:** The intervention group had a lower score in mania, depression, and emotion dysregulation. Also, the intervention group had a higher score in mindfulness, planning, goal-directed behaviors, problem-solving, and cognitive flexibility after 3 months intervention and 3 months follow-up. **Conclusion:** Dialectical behavior therapy simultaneously with medication can be more effective for bipolar patients. Dialectical behavior therapy combination with medication lead to reduce manic and depression symptoms. Also, dialectical behavior therapy combination with medication lead to improved performance .of patients in mindfulness, executive function, and emotion regulation

کلمات کلیدی:

bipolar disorder, dialectical behavior therapy, executive function, emotion regulation

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