

A Phenomenological Study of Mania

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Key words

- **Phenomenology**
 - Synonym for “signs and symptoms”
 - Phenomenological psychopathology
- **Mania**
 - Mood state characterized by euphoria, elation, agitation, grandiosity, hyperactivity, hyper-sexuality, accelerated thinking and speaking, distractibility and decreased need for sleep

Statement of the Problem

- Several studies have been done to arrive at phenomenological subtypes of schizophrenia and depression
- **Such studies are scarce in mania**
- Evidence suggest more sub types than what is included in classification systems

Research question and significance

- I wanted to find out the phenomenological sub types of mania
- I considered this area important because different sub types of mania could respond to various mood stabilizers in different way

Research methodology and design

- This was **cross-sectional** descriptive study of manic patients
- The study subjects were **75 patients** admitted for treatment of manic episode at Mental hospital, Lagankhel; a tertiary referral center
- **Principal component factor analysis (PFA)** of manic symptoms covered by the **Scale for manic states (SMS)** was conducted

Research results

- With PFA three factors were extracted
- These factors were:
 - **Euphoric activation** (increased motor activity, pressured speech, racing thoughts, disturbed concentration, euphoric mood, grandiosity, increased sexuality, humor, dress)
 - **Dysphoria** (dysphoric mood, guilt, suicide, anxiety)
 - **Psychosis** (psychosis, paranoia, irritability and aggression)

Significance of result

- This study identified at least **three sub dimensions specific to mania**
- Findings support the **multidimensional** nature of manic symptom
- Dysphoric mood, mood lability, anxiety, guilt are prominently seen in mixed episode, but this study establishes that **dysphoria is important construct of mania itself**

Where this research might lead..

- Other question to ask are :

“Stability of factor profiles across multiple episodes of mania”

“Possibility that some **treatment act selectively** on specific factors”

Conclusion

- This study was done to find the phenomenology of mania by Principal component factor analysis
- I discovered that mania has at least three sub dimensions
- This is interesting because it might help change the way we treat our patients

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