
BIPOLAR SPECTRUM AND TEMPERAMENT IN ALCOHOL-DEPENDENT PATIENTS

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Bipolar disorder (BD) is a mood disorder characterized by two distinct emotional states: mania and depression. Its exact causes still remain unexplained. An important aspect is the spectrum of BD which is a wider category of psychopathology of mood disorders. The special region of interest concerns bipolar spectrum in alcohol-dependent patients. In this study another variable, temperament, was examined on how it influences bipolar traits in alcohol-dependent sample and in healthy control.

The main aim of this study was to determine whether alcohol-dependent patients express bipolar traits and which profile of temperament predisposes to such an expression.

Mood Disorders Questionnaire and Hypomania Checklist were used for identifying bipolar traits in both groups. Temperament and Character Inventory was utilized to establish the temperament profile.

There are distinguishable differences between the groups when bipolarity is concerned. Alcohol-dependent patients present more manic behavior during their life when compared to healthy controls. Both groups demonstrate different traits of character and temperament. The results concerning the influence of temperament on bipolarity could not be established but other results encourage to further research.

Alcohol-dependent patients evince many qualities characteristic for bipolar spectrum throughout their life. The results of this study prove that there are often premises for stating a dual diagnose as the comorbidity of these two illnesses is high. There is also a specific profile of temperament which predisposes to alcohol abuse. This study may contribute to a better conceptualization of bipolar spectrum and in result help to improve comfort of patients.