

Are bipolar patients look like normal on their personality profile?

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Abstract

Background: Personality of an individual determines his behaviour towards others. Bipolar patients behave differently. Therefore, study was conducted to know that, which personality dimension of bipolar patients differ from normal.

Methods: Study examined personality dimension of 80 subjects selected purposively. The study was conducted on 40 indoor bipolar patients they were admitted in Bareilly mental hospital, Bareilly India. Age ranging between 20-50 years served as participants and they were arranged according to the requirement of 2*2*2* factorial design with 2 gender(male & female) and two age group(20-30 and 40-50) and level of mental status and 40 normal subjects were taken from the community. Dimension Personality Inventory (DPI) was administered on all the included subjects.

Result: Findings were very strange and it was noted that the normal and bipolar patients were almost similar in their personality profile.

Conclusion: Findings in general reveal that in all areas a common trend was presented. Findings have an empirical significance.

Keywords: DPI, Personality, BPD

Introduction

In general term, personality of an individual may be pleasant, attractive, irritating, rigid, rough-tough, calm and cool, anxious, dependent, avoidant, impulsive, emotional, and dramatic or any other type based on observation. We all make personality judgment about the people whom we know. Researchers tend to define personality in many ways from ancient to modern era (Das, 1987; Mukherjee, 2007; Srivastava, 2012; Shilpa & Murthy, 2012; Ellis et al. 2009; Eysenck & Eysenck, 1975; Digman, 1990; McCrae & Costa, 2003). Allport

(1937) has mentioned both inner qualities and behavior, but emphasized the inner qualities more as compared with the outer one. According to Allport, "Personality is the dynamic organization within the individual of that psycho-physiological system that determines his unique adjustments to his environment" (Allport, 1937). Marked deviation in the personality which affects the personal, social and occupational functioning of an individual classified as personality disorder in ICD-10, DSM-IV & V.

In recent years notion of personality has focused attention on the encompassment of five dimensions namely Neuroticism (N) Extraversion (E). Openness of experiences (O) Agreeableness (A) and conscientiousness (C) They are termed as big five factors of personality or five factor model (FFM) (Digman, 1990; McCrae & John, 1992). This model was emerged by two renowned approaches namely, lexical analysis that can be found in natural language and the second approach was the factor analysis of various inventories that can be accumulated anywhere in big five factor model (Marknon et. al. 2005). So many personality traits were emerged by the five factor model.

In different forms of psychopathology sex difference is highly noticed. Women scored higher on life depression, anxiety and vulnerability as reflected in terms of behaviour parameters like, health, risk behaviour (Trobst et. al. 2002; Terracciano & Costa, 2004). Personality traits are significantly related with psychiatric disorders (Camisa et. al. 2005; Trull, et. al. 2003) and it has also made its place in cultural perspective (Paunonen 1996; McCrae & Costa, 1997).

Personality traits have also been studied as affected by gender and age. Costa, Terracciano and McCrae (2001) examined gender difference in college students and found meagre difference. Same pattern was already established by Williams and Best (1990). Women rated them higher on A and N. A more varied pattern was found for other three domains with women scoring on warmth, gregariousness and openness to aesthetics, while men were found higher in assertiveness, excitement and openness to ideas. Sex difference was noted in psychopathology studies. Williams and Best (1990) noted that gender differences were higher in Western culture. In the

developmental root of Psychopathology sex difference is noticed. This corresponds to maturational decline in the presence of mood, anxiety substance use and other personality disorder with age (Costa et.al 1999).

The primary studies of personality were usually done on psychiatric patients. As the relationship between personality characteristics and health were become more vivid research started to show their interest in the process in which personality performs a role in the predispositions for and outcomes of psychophysical and psychiatric illness. Aldwin, Spiro, Levenson and Cupertino (2001) stated that there are some personality traits that govern the stable patterns of emotional and behavioural functions by which the development of chronic disease are developed and health system are perceived and managed by individuals.

Srinivasan et.al. (1985) made a distinction between unipolar and bipolar manic patients in relationship to their phenomenology and family history. They concluded that group as homogeneous as they did not get significant differences. Kumar and Daya Ram (2001) investigated the evolution of mania in bipolar affective disorders but they were unable to find any significant result.

Materials and methods

Participants: 40 bipolar patients and 40 normal subjects ranging between 20-50 years served as participants. They were hailed from Bareilly mental hospital, Bareilly, U.P. India, normal subjects taken from the community and they were arranged according to the requirements of 2*2*2 factorial design with 2 gender (female and male) and two age groups (20-30 years and 40-50 years) and levels of mental status (BPD and normal group). They were designed as follows in table 1.

Table 1: Schematic presentation of experimental design.

		A1		A2	
		B		B	
	B1		B2	B1	B2
C1	10		10	10	10
C2	10		10	10	10

Legends:

A=Gender
A1=Male
A2=Female

B=Chronological Age
B1=20-30 years
B2=40-50 years

C=Mental Status
C1=Normal
C2=Bipolar patient

Tools:

Dimension personality inventory (DPI):

It is constructed by Bhargava (2012) and deals with six dimensions by which ones personality can be evaluated. They are: ‘Activity- passivity’, ‘enthusiastic-non enthusiastic’, ‘assertive-submissive’, ‘suspicious-trusting’, ‘depressive-non depressive’ and ‘emotional instability-emotional stability’. It is similarly applicable for normal as well as psychotic patients. Score 10 or more indicative of left sided dominated personality on that dimension and score less than 10 indicative of the other side of that dimension. For example if person scored 15 on the dimension ‘activity-passivity’, he/she is active.

Procedure:

This study was conducted on 80 subjects of either sex. 40 Indoor bipolar patients of Bareilly mental hospital, Bareilly, U.P. India, giving written informed consent were taken as Psychiatric patients. 40 normal subjects taken from the community formed the normal group for the study. Dimensions Personality Inventory (DPI) (Bhargava, 2012) was administered on all included subjects. Uncooperative subjects, having problem in speech and communication which can impede the interview were excluded from the study. Data was analyzed using analysis of variance. Data collection was done individually and best attempts were made to avoid external distraction.

Results:

Obtained data were analyzed by interpreting score of the participants. Data were analyzed in accordance with the age, gender, and mental status of the participants. Separate analysis was made for each dimension of personality. Data were analyzed by analysis of variance and mean scores were also computed findings are presented below in two sub sections. Findings were very strange and it was noted that the normal ($X=79.23$) and bipolar patients were ($X=77.27$) almost similar in their personality.

The two way interaction of gender and chronological age significant ($F, 1,159=5.59 P<.01$) and it is appeared in figure 1.

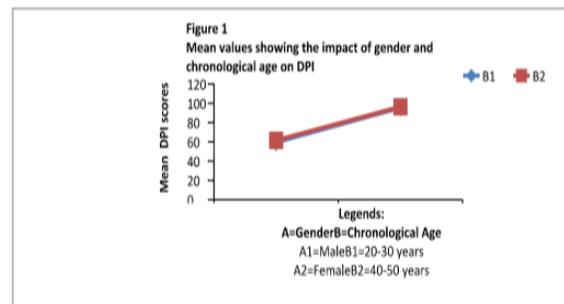


Figure reveals that gender related gap was higher at younger age level and age related discrepancy was more personal in females.

The gender and mental condition interaction was also significant ($F, 1,159=6.79 P<.01$) and it mentioned in figure 2.

mental status are the significant correlates of personality.

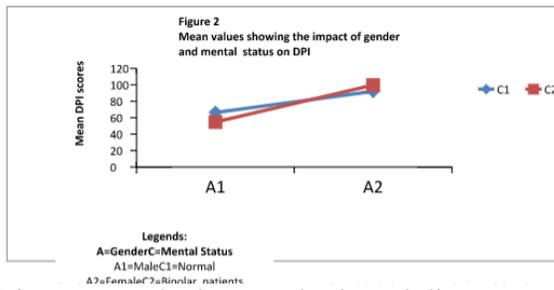


Figure reveals that gender based discrepancy was rather high in normal than bipolar group.

The chronological age and mental status interaction was also significant ($F, 1,159=3.17 P<.01$) and it is given in figure 3.

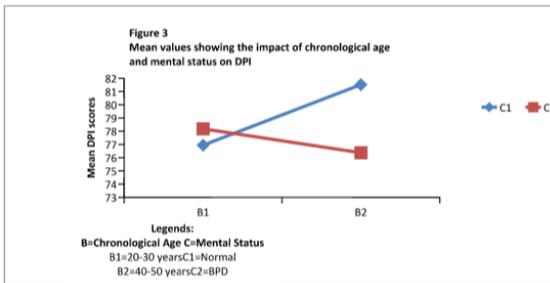


Figure shows that the mental status related discrepancy was pronounced in females and gender based discrepancy were presence in normal.

The three way interaction of gender, chronological age and mental status was also significant ($F, 1,159=6.01 P<.01$) and it is appeared in figure 4.

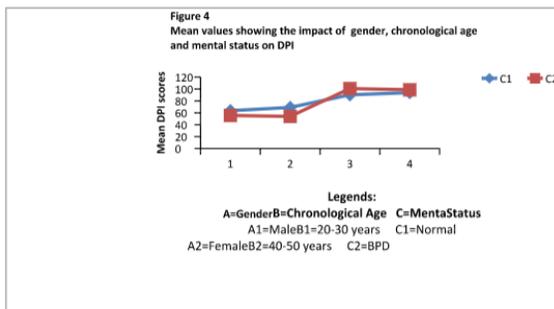


Figure reveals that all variables laid their impact on personality profile and proved the fact that gender, chronological age and

Impact of gender, Chronological age and mental status on personality profile:

Obtained data were analyzed by three way analysis of variance and interaction in terms of gender, chronological age and mental status as affecters of personality profile of the participants. Findings are presented in table 2.

Table 2: Summary table of analysis of variance showing the impact of gender, chronological age and mental status on the personality of the participants.

Source of variation	SS	df	MS	F
A	3.76	1	3.76	5.30
B	2.14	1	2.14	3.01
C	3.34	1	3.34	2.70
AB	3.97	1	3.97	5.59
AC	4.82	1	4.82	6.79
BC	2.25	1	2.25	3.17
ABC	4.26	1	4.26	6.01
error (within)	107.92	152	.71	
		159		

A close perusal of the table reveals that the main effect of gender was significant ($F, 1,159=5.30 P<0.01$) and It was found that more negative personality traits were shared by males ($X=60.58$) as compared to females ($X=73.43$). Although it was only the result yet we can say that in our society males are dominating character one and they are always considered by all. Moreover, it may appear here because the dimension of this test is maximally positively oriented like activity-passivity, enthusiastic-non enthusiastic, assertive-submissive, depression-non depression and emotional instability-emotional stability. In first four dimensions they were found more scored because they were indicates of positivity while female were higher on the rest of two dimensions. The other main effect of chronological age was also significant ($F,$

1,159=3.01 P<0.05). It was found that more negative personality profile was shared by younger participants (X=77.56) than their older counter parts (X=78.94). It may be caused due to the less responsibility and carefree nature of younger participants than their older counter parts whose shoulder are learned due to the weight of many kinds of responsibilities. The third main effect of mental status was significant (F, 1,159=1.70 p>0.05).

Pattern of activity-passivity dimension in participants according to their gender, chronological age and mental status as revealed by their score: In order to find out the patterns of activity- passivity dimension mean values of each variable were computed and they are appeared in table-3

Table 3: Mean value of the participants.

Gender		Chronological Age		Mental Status	
Male	Female	20-30	40-50	Normal	BPD
13.85	11.85	12.3	13.4	12.65	12.85

Table reveals that males are relatively active than females. It was also seen that older participants were quite active than younger ones. In addition, it was also found there was very less difference in normal and bipolar patients in relation to their activity and passivity levels. Findings clearly reveal that male are rather active than female because they supposed to do so. Females are considered as more passive than males even in this modern society. Surprisingly, it was seen that the older participants were rather active than their younger counter parts because they have to do more work in their homes as well as in the work place. The most notable characteristic of this finding was that normal and bipolar patients were almost equal in activity- passivity dimension, it may be that they are suffering with bipolar affective disorder so it has caused were findings.

Pattern of enthusiastic - non-enthusiastic dimension in participants according to their gender, chronological age and mental status as revealed by their score: It was the second dimension and mean values of gender, age and mental status were computed. They are mentioned below in table 4.

Table 4: Mean value of the participants.

Gender		Chronological Age		Mental Status	
Male	Female	20-30	40-50	Normal	BPD
12.1	8.35	9.4	11.05	12.1	10.22

Table reveals male are relatively enthusiastic than females. It was also seen that older participants were more enthusiastic than younger ones. In addition, it was found that normal group was more enthusiastic than bipolar group but in this dimension the difference was very less. Finding clearly reveals that male participants are very enthusiastic comparatively to female participants. Male participants have the personality characteristic like happy go lucky, warm hearted, mixing easily in the company of other and on the other hand female group expressing deservedness, shyness and many inhibited characteristics in their personality. Surprisingly it was seen that the older participants were rather enthusiastic than their younger counterpart because they were more enthusiastic due to their young age and they were more energetic in every life events.

Pattern of assertive - submissive in participants according to their gender chronological age and mental status as revealed by their score: Data were analyzed by mean values and they are given below in table- 5

Table 5: Mean value of the participants.

Gender		Chronological Age		Mental Status	
Male	Female	20-30	40-50	Normal	BPD
14.1	10.9	11.55	13.45	13.05	12.5

This table reveals that males were more assertive than female. It was also seen that the older participants were more assertive than younger ones. In addition, it was found that there was very less difference in normal and bipolar group in submissive dimensions. It clearly reveals that in Indian society male is the responsible person for his family so dominance in nature is truly shown in his personality trait. It was seen that older participants were more assertive in comparison to younger counterpart.

Pattern of suspicious- trusting dimensions in participant according to their gender chronological age and mental status as revealed by their score: Data were analyzed by mean and they are given below in table 6

Table 6: Mean value of the participants.

Gender		Chronological age		Mental status	
Male	Female	20-30	40-50	Normal	BPD
12.25	13.2	13.9	11.55	13.42	11.5

This table shows that females participants were more suspicious than male and it was also seen that younger participants were suspicious than older ones. The normal participants were more suspicious than bipolar group. This finding clearly reveals that the female participants showed the paranoid tendency in nature they were reflected suspicious nature by blaming others for their all failures in their life. On the other hand male participants had positive characteristics in personality like, cheerfulness easy to get along with others etc. It was seen that younger participants were more suspicious than older ones.

Pattern of depressive-non depressive dimensions in participants according to their gender chronological age and mental status as revealed by their scores: Mean values of the participants are as follows in table-7

Table 7: Mean value of the participants.

Gender		Chronological age		Mental status	
Male	Female	20-30	40-50	Normal	BPD
9.6	15.4	14	11	13.17	12.5

This table shows that female participants were more depressive than males. It was also seen that younger participants were more depressive than the older ones. In addition, it was also found that normal group was depressive rather than bipolar group. In this study the finding clearly reveals that the female participants have the more negative traits in their personality in comparison to male. Females have more and they are inferiority complex highly frustrated and hopelessness because they have more work pressure in the family. It was seen that the younger participants were more depressive than older one because they have more pressure to plan their future etc. and the psychotic group is high in depressive traits in their personality due to their behaviour disturbance.

Pattern of emotional instability emotional stability dimensions in participants according to their gender chronological age and mental status as revealed by their scores: Mean values of the participants are presented below in table 8.

Table 8: Mean values of the participants.

Gender		Chronological age		Mental status	
male	female	20-30	40-50	normal	BPD
13.2	14.3	14.15	13.35	11.7	13.75

This table reveals that the female are relatively more emotional unstable rather than males. It was also seen that younger

participants were more emotional unstable than older ones. In addition, it was also found that there was very difference in normal and bipolar group in relation to their emotional instability and emotional stability traits in their personality. Finding clearly reveal that the females were more emotional unstable and worrying, fearful sensitive. It was also seen that the younger participants were more emotional instable because they are too young and less in experiences and the most notable characteristics the psychotics are more prone to emotional instability and they had many symptoms like phobias ,sleep disturbance etc.

Conclusion

Findings in general reveal that in all areas a common trend was presented. Findings have an empirical significance and they show that bipolar patients are not found disturbed at every time and in every walk. They are always equal to the normal segment so there is need to understand them so that they can get them in the main stream of society.

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Conflict of Interest

The paper is based on the ongoing PhD work of the first author.

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