

Comparing the effects of teen-centric mindfulness and emotion regulation training on aggression and anxiety in type II with bipolar disorder female adolescent

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Introduction

Bipolar disorder is one of the most common mood disorders. It is classified as one of the most disabling mental disorders which in addition to affecting performance, causes severe impairment in interpersonal interactions and quality of life. Bipolar disorder includes type I and type II as well as cyclothymia. In recent years, the diagnosis of bipolar disorder in children and adolescents has received more attention, and the rate of diagnosis in this age group has increased.

Method

The design of the study was a pre-test, post-test and follow-up in a quasi-experimental research. The participants consisted of all adolescent girls with type II bipolar disorder who referred to Al-Zahra Hospital in Isfahan. A total of 45 girls with type II bipolar disorder were selected using voluntary sampling method and based on inclusion and exclusion criteria. They were randomly divided into two experimental and one control group (each group was 15 participants). The participants responded to Eysenck and Glenn Wilson's Aggression Questionnaire and Beck Anxiety Inventory (BAI) before and after the intervention and 45 days later in the follow-up phase.

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One of the experimental groups was treated with Bordic-Package Teen-Centric Mindfulness, and the other underwent Grass Emotion Regulation Training.

Results

The results indicated that teen-centric mindfulness training and emotion regulation training were effective on decreasing aggression and anxiety in adolescent girls with type II bipolar disorder in post-test and follow up stages. Teen-centric mindfulness therapy was more effective than emotion regulation training ($p < 0.001$). Therefore, the results can be used to reduce aggression and anxiety in adolescent girls with type II bipolar disorder.

Discussion

Adolescent-centered mindfulness therapy for reducing anxiety and aggression is more effective than emotion regulation training on female adolescent with bipolar disorder. This suggests that adolescent-centered mindfulness therapy using mindfulness techniques based on adolescents' characteristics is designed to help adolescents with bipolar disorder to live in the moment, help them concentrate, manage their stress, and adjust their emotions. They also experience a sense of inner peace and deeper meaningful relationships. In fact, adolescent-centered mindfulness therapy is all about instruments and skills optimized for adolescence.

Keywords: aggression, anxiety, bipolar disorder type II, teen-centric mindfulness training, emotion regulation training