

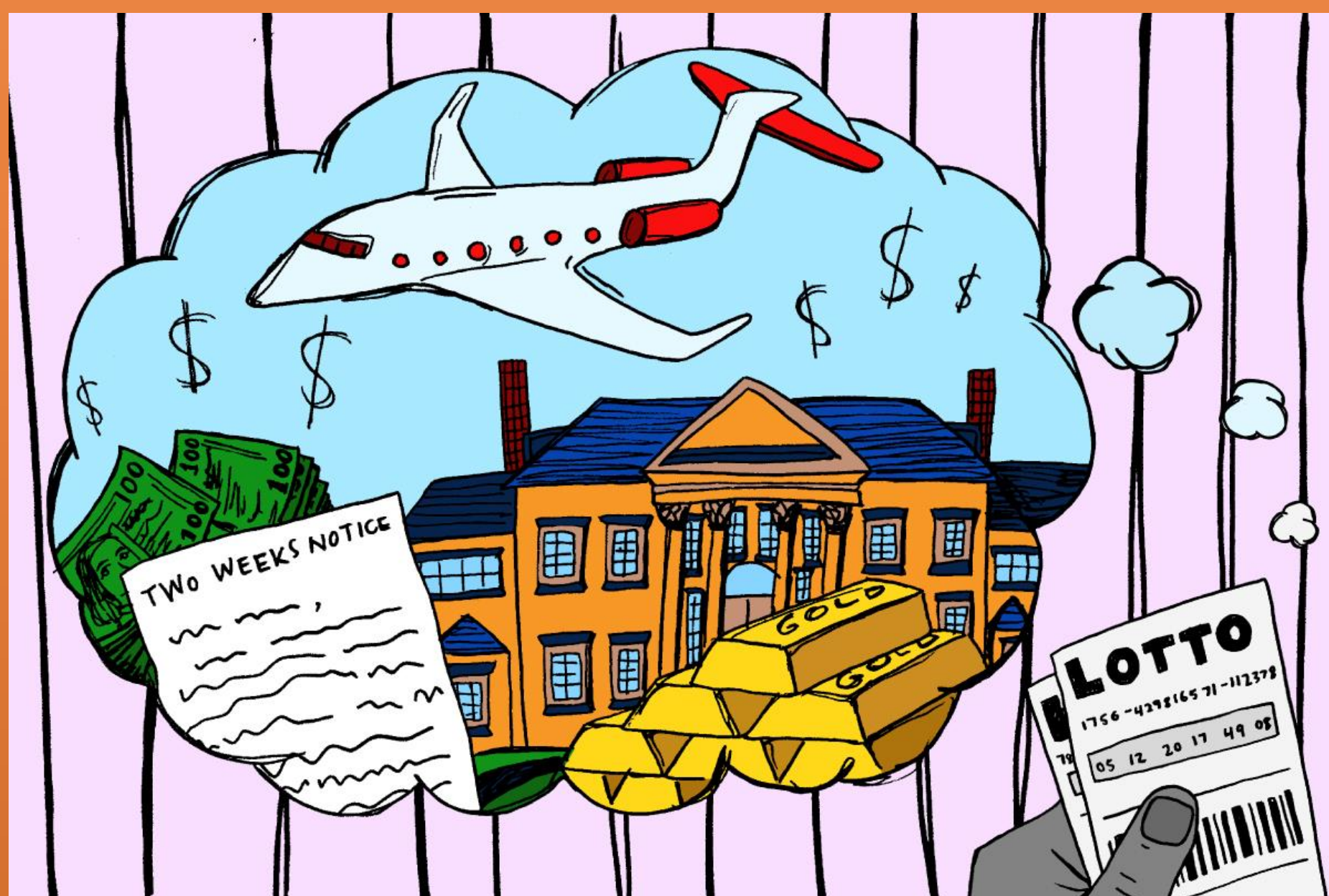
The role of mental imagery, dysfunctional attitudes and perfectionism in mood elevation in bipolar disorders.

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Introduction

- Previous studies suggest that mental imagery is very intense and vivid in Bipolar disorder (BD) (Holmes et al., 2011).
- Dysfunctional attitudes and perfectionism are also elevated in BD (Fletcher et al., 2013; Woods et al, 2024).
- There is little research examining how high standards and mental imagery interact in BD.
- This study explored whether positive mental imagery induced higher mood changes in people with BD.
- This study also examined if dysfunctional attitudes, perfectionism and tendencies towards imagery predict an increase in mood following positive imagery generation.



Methods

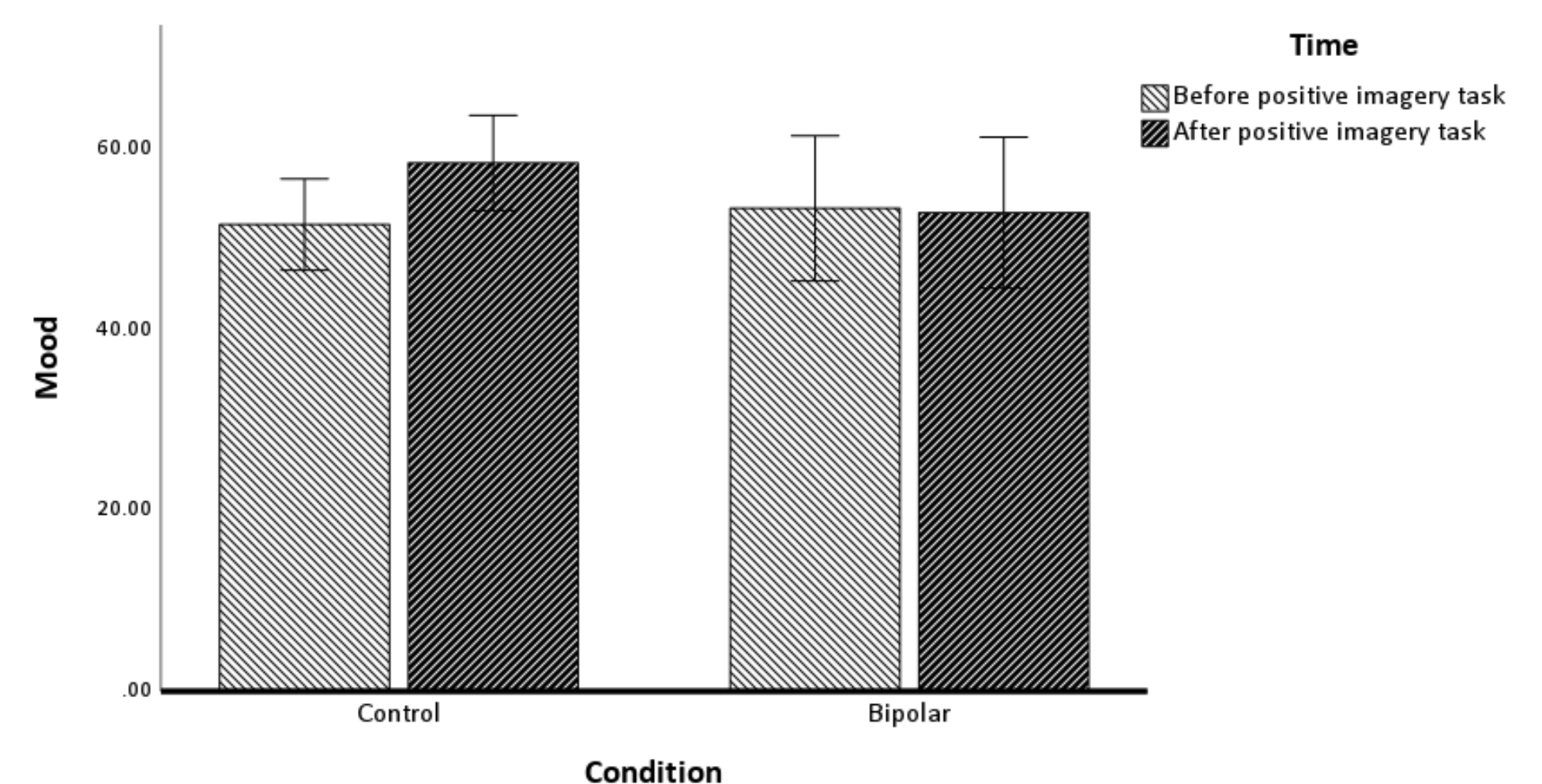
- 23 participants with BD.
- 58 controls.
- Experimental study conducted online.

Measures:

- Hypomanic Personality Scale
- Dysfunctional Attitudes Scale
- Multidimensional Perfectionism Scale
- Spontaneous Use of Imagery Scale
- Perceived vividness
- A positive imagery task (PIT) guided participants to generate positive mental imagery.
- Participants' mood and activation were measured both before and after the PIT.

Results

- The BD group experienced higher activation than the control group.
- Both groups experienced no difference in mood and lower activation after the PIT.



- After controlling for measures at baseline, higher hypomanic personality traits and lower levels of dysfunctional attitudes predicted higher post-PIT mood.
- Higher general use of imagery predicted higher post-PIT activation.
- Vividness and perfectionism did not predict either mood or activation.

Conclusions

- Positive mental imagery did not amplify high mood in this study.
- Risks of BD, general use of imagery and dysfunctional attitudes predict mood changes after positive imagery generation.
- Possible links between positive mental imagery, dysfunctional attitudes and mood changes should be considered in CBT with BD.
- Further research with a large sample and alternative imagery-based mood induction exercise is needed.

References

- Fletcher, K., Yang, Y., Johnson, S. L., Berk, M., Perich, T., Cotton, S., Jones, S., Lapsley, S., Michalak, E., & Murray, G. (2019). Buffering against maladaptive perfectionism in bipolar disorder: The role of self-compassion. *Journal of affective disorders*, 250, 132-139.
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