

Stigma And Discrimination In Bipolar Disorder: Impact On Quality Of Life And Combat Strategies.

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Summary:

Stigma and discrimination surrounding bipolar disorder pose significant challenges that affect not only diagnosed individuals, but also their families and society at large. Bipolar disorder is characterized by extreme mood swings, which can range from episodes of euphoria to periods of deep depression. This complex psychiatric condition is often misunderstood and surrounded by harmful stereotypes, which can lead to discrimination and social isolation. Understanding the impact of stigma and discrimination on bipolar disorder is essential to develop effective strategies to combat it, aiming to improve the quality of life of those affected. Objective: The objective of this systematic review is to analyze and synthesize recent scientific literature on stigma and discrimination in bipolar disorder, investigating their impact on patients' quality of life and identifying effective combat strategies. Methodology: This systematic review follows the guidelines of the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) checklist. Searches were carried out in the PubMed, Scielo and Web of Science databases, using the descriptors "bipolar disorder", "stigma", "discrimination", "quality of life" and "combat strategies". The inclusion criteria were: studies published in the last 10 years, addressing stigma and discrimination in bipolar disorder. The exclusion criteria were: studies not available in full text, studies that do not directly address the topic or that are not available in English, Spanish or Portuguese. Results: The analysis of the studies revealed that stigma and discrimination have a significant impact on the quality of life of patients with bipolar disorder, influencing their adherence to treatment, their interpersonal relationships and their social functioning. Combat strategies include educational programs, awareness campaigns and psychosocial interventions aimed at reducing stigma and promoting social inclusion. Conclusion: Stigma and discrimination in bipolar disorder represent substantial challenges that affect patients' lives. However, effective combat strategies can help reduce these negative effects and improve the quality of life of those affected. It is crucial to continue investing in interventions that aim to eliminate stigma and promote social inclusion, to ensure the well-being and dignity of people with bipolar disorder.

Keywords: "bipolar disorder", "stigma", "discrimination", "quality of life" and "combat strategies".

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I. Introduction

The stigma associated with bipolar disorder represents a significant challenge in patients' treatment and recovery journeys. One of the main ramifications of this stigma is the direct impact on treatment adherence. Many individuals with bipolar disorder face obstacles in seeking and maintaining appropriate treatment due to fear of social judgment and stigmatization related to mental health. This reluctance to seek help can result in serious consequences, including worsening of symptoms, recurrence of manic or depressive episodes, and even risk of suicide.

Furthermore, the stigma of bipolar disorder is not limited to the personal sphere, but often extends to the social and professional environment. In the professional context, patients may face discrimination in the workplace, ranging from difficulty finding a job to stigmatization in the corporate environment. This discrimination can lead to lost career opportunities, pay inequality and even unfair dismissal. As a result, patients face not only the challenges inherent in managing bipolar disorder, but also the added pressure of navigating a social and professional environment that often does not understand or support their specific needs.

Therefore, understanding the dynamics of stigma and discrimination in the context of bipolar disorder is essential to developing effective intervention strategies that aim not only to combat these deep-rooted prejudices, but also to promote a culture of acceptance, support and inclusion for those living with this condition. challenging condition.

Stigma and discrimination in relation to bipolar disorder are not limited to the impact on treatment adherence and social and professional barriers, but also significantly influence patients' interpersonal relationships. Family, friendship and romantic relationships often suffer the consequences of the stigma associated with bipolar disorder, contributing to the emotional and social isolation of affected individuals. Fear of judgment and rejection can lead patients to hide their condition, making it difficult for them to seek support and understanding within their closest social circles.

Furthermore, stigma can also have a devastating impact on patients' self-esteem and self-confidence. Internalizing negative stereotypes about bipolar disorder can lead individuals to doubt themselves, feel ashamed of their condition, and perceive themselves as less valuable or worthy of love and respect. This decrease in self-esteem can worsen the symptoms of bipolar disorder and make the recovery and adaptation process difficult.

Faced with these challenges, several strategies have been developed to combat stigma and discrimination in relation to bipolar disorder. Educational programs, awareness campaigns and psychosocial interventions have been shown to be effective in reducing stigma and promoting social inclusion. These initiatives aim to not only challenge harmful stereotypes, but also provide practical and emotional support to patients, enabling them to face stigma with resilience and self-confidence.

Therefore, understanding the complexity of stigma and discrimination in relation to bipolar disorder and identifying effective combat strategies is crucial to improving the quality of life and well-being of affected individuals, promoting a more inclusive and compassionate society.

goal

The aim of this systematic literature review is to analyze and synthesize the current evidence available on stigma and discrimination in relation to bipolar disorder. The aim is to investigate the impact of these phenomena on patients' quality of life and identify effective combat strategies. The review aims to provide a comprehensive understanding of the issues surrounding stigma and discrimination in this context in order to guide future interventions and promote a more empathetic and inclusive approach towards bipolar disorder.

II. Methodology

The methodology used in this systematic review followed the guidelines of the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) checklist. Searches were carried out in the PubMed, Scielo and Web of Science databases to identify relevant studies related to stigma and discrimination in bipolar disorder. The descriptors used were "bipolar disorder", "stigma", "discrimination", "quality of life" and "combat strategies".

For the inclusion criteria, studies published in the last 10 years that directly addressed stigma and discrimination in relation to bipolar disorder were considered. Furthermore, the selected studies should be available in full text and in English, Spanish or Portuguese. The relevance of the study to the review topic was assessed based on its detailed approach to stigma and discrimination in the context of bipolar disorder, as well as the presentation of significant results that contribute to understanding the problem.

On the other hand, the exclusion criteria were applied to guarantee the quality and relevance of the studies included in the review. Studies that were not available in full text were excluded, as well as those that did not directly address the topic of stigma and discrimination in bipolar disorder. Furthermore, studies that were not available in English, Spanish or Portuguese were excluded in order to ensure adequate understanding of the results. Other exclusion criteria included studies that were not conducted with a robust methodological approach and studies that did not present results relevant to the review.

The selection of the 15 studies was carried out independently by two reviewers, who initially evaluated the titles and abstracts of the articles identified in the searches. The selected articles were then reviewed in full to determine their final inclusion in the review. Any disagreement between reviewers was resolved by consensus or by consulting a third reviewer, when necessary. This rigorous study selection approach aimed to ensure the inclusion of relevant and reliable evidence for the analysis of stigma and discrimination in bipolar disorder.

III. Results

The stigma surrounding bipolar disorder has a substantial influence on patients' adherence to treatment. The negative and stereotypical perception associated with mental disorders such as bipolar disorder often results in a reluctance on the part of individuals to seek professional help and adhere to recommended treatment. This reluctance can be attributed to concerns about social judgment, fear of discrimination and stigmatization, in addition to a series of other psychosocial factors. Many patients feel ashamed or unable to admit their condition due to prevalent stigmatization, which can lead to social isolation and avoidance of mental health services. Furthermore, stigma can create additional barriers to accessing appropriate treatment, making it difficult to obtain the support and resources needed to effectively manage bipolar disorder. This complex dynamic can result in serious consequences for patients' health, including worsening of symptoms, higher incidence of manic or depressive episodes, and even risk of suicide.

The social and professional barriers imposed by the stigma surrounding bipolar disorder can have a significant impact on patients' lives. In the workplace, for example, patients may face discrimination during the recruitment process, as well as in the workplace, where they may be subject to harmful stereotypes and unequal treatment. This can lead to lost job opportunities, career stagnation and even unfair dismissal. Furthermore, in the social context, stigma can make it difficult to establish and maintain meaningful interpersonal relationships, resulting in isolation and loneliness. Fear of judgment and rejection can lead patients to hide their bipolar disorder condition, making it even more difficult for them to seek support and understanding in their social circle. Taken together, these social and professional barriers contribute to the cycle of stigma and discrimination that negatively affects the quality of life and well-being of individuals with bipolar disorder.

In the context of bipolar disorder, interpersonal relationships are often affected by the stigma and discrimination associated with the condition. Patients face significant challenges in establishing and maintaining family connections, friendships, and romantic relationships due to fear of rejection and judgment. A lack of understanding about the nature of bipolar disorder by loved ones can result in conflict and tension as patients struggle to reconcile their emotional needs and the unpredictable effects of the illness' symptoms. Additionally, stigma often leads individuals to hide their condition, which can lead to emotional detachment and a lack of crucial social support. The resulting isolation can worsen the symptoms of bipolar disorder, creating a cycle of interpersonal difficulties that negatively impact patients' quality of life.

Stigma and discrimination related to bipolar disorder have a profound effect on patients' self-esteem. The internalization of negative stereotypes can lead individuals to doubt their own worth and competence, undermining their self-confidence and self-esteem. Many patients face feelings of shame and inadequacy due to the stigmatization of mental illness, which can negatively affect their perception of themselves and their ability to face the challenges of daily life. This decrease in self-esteem can contribute to a cycle of self-stigmatization, in which patients internalize social prejudice and develop a negative view of themselves. As a result, impaired self-esteem can directly influence patients' emotional well-being and quality of life, making it difficult to adapt and effectively manage bipolar disorder.

To combat the stigma and discrimination associated with bipolar disorder, several interventions have been developed and implemented with the aim of promoting a positive change in public perception and patients' quality of life. Educational programs, for example, play a critical role in providing accurate information about bipolar disorder, challenging harmful stereotypes, and raising awareness about mental health issues. These programs help create a foundation of understanding and empathy, facilitating acceptance and support for individuals affected by the disorder. Additionally, awareness campaigns have been effective in destigmatizing bipolar disorder by highlighting success stories, promoting inclusion, and encouraging seeking professional help without fear of judgment.

In addition to educational and awareness approaches, psychosocial interventions have been shown to be effective in reducing stigma and promoting social inclusion. These interventions aim to not only provide emotional and practical support to patients, but also empower individuals to face stigma with resilience and self-confidence. Support groups, cognitive behavioral therapy, and social skills programs are examples of psychosocial interventions that help patients develop healthy coping strategies and build meaningful support networks. However, it is important to recognize that the effectiveness of these interventions may vary depending on cultural and social context, highlighting the continued need for research and adaptation of intervention strategies to meet the specific needs of patients with bipolar disorder.

The media plays a significant role in shaping opinions and attitudes toward bipolar disorder. While it can be a powerful tool for awareness and destigmatization, it can also perpetuate harmful stereotypes if not approached in a responsible and sensitive manner. It is crucial that the media present accurate, non-sensationalized representations of bipolar disorder, avoiding stigmatized portrayals that reinforce mistaken notions about the illness. By highlighting stories of individuals with bipolar disorder who live full, productive lives, the media can help challenge prejudices and promote a more empathetic understanding of the condition. Additionally, educational programs aimed at media professionals can raise awareness of mental health issues and provide guidelines for responsible and respectful coverage of bipolar disorder.

Public education about bipolar disorder and raising awareness of mental health issues are key to combating stigma and promoting a culture of acceptance and support. Education initiatives must start early, addressing mental health issues in schools and providing accurate information about bipolar disorder and other similar conditions. Additionally, awareness campaigns can be organized in local communities, involving lectures, awareness events and dissemination of resources available for emotional support and treatment. By increasing public understanding of bipolar disorder and challenging harmful stereotypes, these initiatives contribute to creating a more inclusive and supportive environment for individuals with this condition.

There is a clear need for policies and legislation that protect the rights and dignity of people with bipolar disorder. Although there are significant advances in some jurisdictions, there are still gaps in legislation related to mental health and protection against discrimination. Implementing comprehensive and effective policies can help ensure that patients with bipolar disorder have equitable access to mental health services and social supports. Furthermore, anti-discrimination legislation is essential to combat discriminatory practices in the workplace, education and other aspects of everyday life. Legal protection of the rights of people with bipolar disorder not only promotes equal opportunities, but also contributes to building a more just and inclusive society.

Empowering patients with bipolar disorder plays a crucial role in promoting their mental health and well-being. By empowering individuals to take an active role in their own recovery, they become better able to face the challenges associated with the condition and seek the support they need. Self-help programs and support groups provide a platform for patients to share experiences, learn effective coping strategies, and develop a sense of community and belonging. Additionally, access to information and education about bipolar disorder empowers

patients to make informed decisions about their treatment and lifestyle. By promoting patient empowerment, it is possible to create an environment of support and mutual respect that contributes to reducing stigma and improving the quality of life of individuals with bipolar disorder.

Continued research into stigma and discrimination surrounding bipolar disorder is critical to identifying new intervention strategies and promoting positive change in society. Through rigorous studies and analyses, researchers can explore the complexity of these phenomena, identifying risk factors and mechanisms underlying stigma related to bipolar disorder. Furthermore, research can provide valuable insights into the effectiveness of existing interventions and the need to develop new approaches to combat stigma and promote social inclusion.

Furthermore, research on bipolar disorder plays an essential role in raising awareness among the scientific community and the general public about the severity and impact of this condition. By disseminating up-to-date findings and evidence, researchers can contribute to a broader and more accurate understanding of bipolar disorder, challenging entrenched myths and prejudices. Furthermore, research can also inform policy and clinical practice, guiding resource allocation and the development of more effective intervention programs. Therefore, by investing in research into bipolar disorder, it is possible to promote a more holistic and compassionate approach to mental health, benefiting not only affected patients, but also society as a whole.

IV. Conclusion

After an in-depth analysis of stigma and discrimination in relation to bipolar disorder, it is possible to conclude that these phenomena have a significant impact on patients' lives, affecting several areas, from adherence to treatment to interpersonal relationships and emotional well-being. . Studies show that the stigma associated with bipolar disorder often results in a reluctance on the part of patients to seek professional help, which can lead to serious consequences such as worsening symptoms and an increased risk of suicide. Furthermore, discrimination faced in the social and professional environment can contribute to the isolation and exclusion of patients, hindering their recovery and reintegration into society.

The lack of understanding and acceptance regarding bipolar disorder also negatively impacts patients' interpersonal relationships, resulting in family conflicts, difficulties in establishing friendships and problems in romantic relationships. Patients' self-esteem is often affected by stigma, leading to feelings of shame and inadequacy, which can further compromise their quality of life and ability to face everyday challenges.

However, despite the challenges faced, studies show that educational interventions, awareness campaigns and psychosocial support programs have the potential to reduce stigma and promote inclusion for people with bipolar disorder. By increasing public understanding of the condition and providing practical and emotional support to patients, these interventions can help break the cycle of stigma and discrimination, creating a more welcoming and supportive environment for everyone.

Therefore, it is critical that we continue to invest in research and development of effective intervention strategies to combat stigma and discrimination surrounding bipolar disorder. By promoting a culture of acceptance and support, we can significantly improve patients' quality of life and emotional well-being, ensuring they have equal access to opportunities and resources for a full and meaningful life.

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