

# Personality Characteristics of Bipolar II Disorder

– Analysis using the Rorschach Test –

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In recent years, bipolar II disorder (BPII) has been focused upon at clinics involved in psychiatry. This disorder includes many clinical image aspects because of lasting episodes of depression and mood instability, such as rapid hypomanic episode development, thus causing diagnosis and treatment to take a long time. Japanese psychopathology has traditionally put weight on the premordid character of depression as well as on diagnosis. BPII has been investigated for confirmative diagnosis and premordid character, in addition to psychological assessment, such as through the Rorschach test. Diagnosis and assessment are certainly important, but it is more important to understand how patients perceive objects and events in the external world and feel them in their own internal world; in short, their personality characteristic.

The purpose of this study is to clarify the characteristics of patients with BPII by administering the Rorschach Test.

The study compared the Rorschach responses of outpatients with BPII, along with patients exhibiting hypomanic episodes and depressive episodes. The study was then compared with psychopathological research. It is common that the basic mood of BPII consists of depression with characteristics such as egocentricity, originality, unconventionality, emotional instability, impulsivity, and aggressivity. In a difference with psychopathological research based on Rorschach responses, characteristics of purposeful behavioral organization with significant results were not confirmed. Further, non-anxious feelings but feelings of a “void,” which was not found in said psychopathological research, were found in this study.

In summary, some results were similar, but others were inconsistent with previous studies involving the Rorschach Test. This also affirms that the clinical image of those with BPII is amorphous and difficult to diagnose.