



Factor Analysis Study of Phenomenological Subtypes of Mania

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Abstract

Objectives: This research was conducted to study symptomatology & diagnosis in manic patient and to investigate the possibility that there might be a natural division of manic episodes into clinical sub-types.

Background: Factor analysis of signs and symptoms of mania have been done using different rating scales in different studies. This study was carried out to study the core features of the manic state. The objective was to search for the model of the symptomatology of manic patients.

Materials and Methods: We studied 75 individuals with mania. It was descriptive, cross sectional hospital based study. Patients with mixed episodes, substance induced mood episodes and those with features suggestive of organic etiology were excluded from the study. All patients were rated on Scale for manic states (SMS) and subsequent factor analysis was done.

Results: With principal component analysis three Eigen values greater than unity were extracted. The three factors were euphoric activation, dysphoria and psychosis. These factors accounted for 68.16% of the rotated variance.

Conclusion: This study identified at least three sub dimensions specific to mania. These findings support the multidimensional nature of manic symptoms. Use of sub dimensions, in addition to overall mania severity may enhance the ability to detect meaningful biological correlates of bipolar disorder.

Introduction

Descriptive phenomenology is synonymous with phenomenological psychopathology and involves the observation and categorization of abnormal psychological events, the internal expression of patient and consequent behavior. Descriptive psychopathology does not propose explanations accounting for subjective experience or behavior but simply observes and describes them [1-13]. Several empirical studies have been done to arrive at phenomenological subtypes of schizophrenia and depression but such studies are scarce in mania. Evidence from factor analysis suggests more categories or sub types of mania than what is included in classification systems [14-43]. Factor analysis of signs and symptoms of mania have been done using different rating scales in different studies. Recent studies have come out with two to five factor model and these studies have found that these factors can predict differences in treatment response and prognosis.

Methodology

The study was carried out between September 2014 to March 2015 after ethical approval from Institutional Review Board (IRB) of National Academy of Medical Sciences (NAMS). The subjects were 75 patients consecutively admitted for the treatment of manic episode at Mental Hospital, Lagankhel, a tertiary referral center. Patients were diagnosed as affected by manic episode according to the diagnostic guideline of ICD-10 DCR. Patients with mixed episodes, substance induced mood episodes and those with features suggestive of organic etiology were excluded from the study. Data was collected after obtaining informed written consent from the patient's primary care taker. A principal component factor analysis of the broad range of psychiatric symptoms covered by the Scale for Manic States (SMS) was conducted.

Results

Socio-demographic data

This study was conducted in 75 patients admitted in Mental Hospital with the diagnosis of

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Table 1a: Demographic characteristics (Sex, marital status, residence).

Characteristics		Number of patients	Percentage
Sex	Males	48	64
	Females	27	36
Marital status	Married	39	52
	Widow/ widower	1	1.33
	Separated	3	4
	Unmarried	32	42.67
Residence	Urban	29	38.67
	Rural	46	61.33

Table 1b: Demographic characteristics (Religion, education, occupational status).

Characteristics		Number of patients	Percentage
Religion	Hindu	66	88
	Buddhist	4	5.33
	Christian	4	5.33
	Others	1	1.33
Education	Illiterate	5	6.67
	Literate	9	12
	Primary	9	12
	Secondary	33	44
	Higher Secondary	17	22.67
	Graduate	2	2.67
Occupational Status	Farmer	10	13.33
	Laborer	11	14.67
	Student	20	26.67
	Business	4	5.33
	Housewife	13	17.33
	Unemployed	6	8
	Others	11	14.67

manic episode or Bipolar Affective Disorder, current episode mania. There were 48 (64%) male and 27 (36%) female patients with mean age of 28.63 years (range 18-60). The educational status of 2 (2.67%) patients was graduate level, 17 (22.67%) had higher secondary level education, 33 (44%) had secondary level, 9 (12%) had primary level education, 9 (12%) were literate and 5 (6.67%) were illiterate. Regarding occupation, most of the patients, that is 20 (26.67%) were students. 10 were (13.33%) farmers, 11 (14.67%) were laborers, 13 (17.33%) were housewives, 4 (5.33%) did business, 11 (14.67) were involved in other occupations and 6 (8%) were unemployed. Majority of patients (46% to 61.33%) were from the rural background. Among 75 cases, 39 (52%) were married. 32 (42.67%) were unmarried, 3 (4%) were separated and 1 (1.33%) was widowed. Regarding religion, 66 (88%) were Hindus. There were 4 (5.33%) Buddhists, 4 (5.33%) Christians and 1 (1.33%) practiced other religion. Majority of patients were from low socioeconomic status 57 (76%). (Tables 1a,1b).

Clinical variables

The shortest duration of illness was that of 3 days and the longest of 30 years.

Principal factor analysis: PFA with varimax rotation was conducted on 20 items of SMS. The first four eigenvalues were 6.23,

Table 2a: Total variance before rotation.

Item of SMS	Initial Eigenvalues		
	Total	% of Variance	Cumulative %
1	6.23	31.16	31.16
2	4.15	20.77	51.93
3	2.38	11.9	63.83
4	1.19	5.96	69.8
5	0.98	4.92	74.71
6	0.83	4.17	78.88
7	0.74	3.69	82.57
8	0.55	2.76	85.32
9	0.52	2.62	87.94
10	0.39	1.94	89.88
11	0.38	1.89	91.78
12	0.33	1.67	93.44
13	0.3	1.48	94.92
14	0.26	1.29	96.21
15	0.19	0.95	97.16
16	0.17	0.85	98.01
17	0.13	0.65	98.66
18	0.12	0.62	99.28
19	0.09	0.43	99.71
20	0.06	0.29	100

Table 2b: Component matrix before rotation (Unrotated factor matrix).

	Component			
	1	2	3	4
increased motor activity	0.83	0.16	-0.1	0.09
decreased sleep	0.61	-0.11	-0.18	-0.08
pressured speech	0.75	0.24	-0.04	0.28
racing thoughts/ disturbed concentration	0.76	0.35	-0.06	0.22
mood lability	0.49	-0.62	-0.18	0.18
euphoric mood	0.4	0.7	-0.3	0.23
depressed mood	0.32	-0.64	-0.42	0.11
Guilt	0.18	-0.64	-0.58	0.1
Suicide	0.34	-0.67	-0.48	0
Psychosis	0.59	-0.33	0.51	0.13
Paranoia	0.57	-0.34	0.55	0.13
Grandiosity	0.66	0.29	0.19	0.09
lack of insight	0.41	0.11	0.4	0.34
increased contact	0.6	0.37	-0.37	-0.45
increased sexuality	0.65	0.17	-0.3	-0.5
Humor	0.58	0.61	-0.2	0.12
Anxiety	0.21	-0.76	-0.12	0.16
Irritability	0.51	-0.38	0.5	-0.29
Aggression	0.56	-0.39	0.43	-0.44
Dress	0.62	0.17	0.05	-0.16

4.15, 2.38, and 1.19. One item, decreased need for sleep did not load on any factors and lack of insight loaded on two factors. Increased contact also loaded on two factors. These items were removed and

Table 2c: Total variance after rotation.

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	6.23	31.16	31.16	6.23	31.16	31.16
2	4.15	20.77	51.93	4.15	20.77	51.93
3	2.38	11.9	63.83	2.38	11.9	63.83
4	1.19	5.96	69.8	1.19	5.96	69.8
5	0.98	4.92	74.71			
6	0.83	4.17	78.88			
7	0.74	3.69	82.57			
8	0.55	2.76	85.32			
9	0.52	2.62	87.94			
10	0.39	1.94	89.88			
11	0.38	1.89	91.78			
12	0.33	1.67	93.44			
13	0.3	1.48	94.92			
14	0.26	1.29	96.21			
15	0.19	0.95	97.16			
16	0.17	0.85	98.01			
17	0.13	0.65	98.66			
18	0.12	0.62	99.28			
19	0.09	0.43	99.71			
20	0.06	0.29	100			

Table 2d: Component matrix after rotation (Rotated factor matrix).

	Component			
	1	2	3	4
increased motor activity	0.73	0.2	0.26	0.29
decreased sleep	0.37	0.35	0.22	0.34
pressured speech	0.8	0.12	0.2	0.09
racing thoughts/ disturbed concentration	0.83	0.05	0.15	0.18
mood lability	0.15	0.76	0.32	-0.01
euphoric mood	0.78	-0.2	-0.35	0.17
depressed mood	0.01	0.83	0.07	0.06
Guilt	-0.08	0.87	-0.12	0.07
Suicide	-0.03	0.87	0.07	0.18
Psychosis	0.27	0.18	0.78	-0.11
Paranoia	0.24	0.16	0.81	-0.14
Grandiosity	0.64	-0.11	0.34	0.15
lack of insight	0.46	-0.11	0.41	-0.25
increased contact	0.46	0.01	-0.06	0.78
increased sexuality	0.36	0.13	0.1	0.8
Humor	0.8	-0.16	-0.13	0.28
Anxiety	-0.14	0.74	0.29	-0.14
Irritability	-0.01	0.11	0.83	0.21
Aggression	-0.04	0.14	0.82	0.37
Dress	0.45	0	0.3	0.38

PFA repeated with three factors emerging as optimal and explaining 68.16% of total variance. Table 2a, 2c represents total variance before rotation and after rotation respectively. Table 2b, 2d depicts

component matrix before rotation and after rotation respectively. Table 2e, 2f represent three factor repeat PFA variance and component matrix respectively. All items had high loading onto their respective factor and no significant cross loading. Scree plot and interpretability also suggested extraction of three factors.

Discussion

Phenomenology of mania

In the present study phenomenology of 75 hospitalized patients with mania were examined. Mania consists of different identifiable dimensions. The present study detected and replicated three dimensions unique to mania (euphoric activation, dysphoria, psychosis).

Factor 1 represented euphoric activation. This factor had loadings from increased motor activity, pressured speech, racing thoughts/disturbed concentration, euphoric mood, grandiosity, increased sexuality, humor and dress. This finding is similar to finding from cluster analysis by Steven C et al. which revealed manic activation as the first factor [44-58]. The study by Frederick et al. [59] had also identified motor activation, accelerated thought process and pressured speech as frequently noted signs and symptoms in mania [59]. It corresponds to factor 2 of study by Raveen Hanwell et al. [56] which was consistent with factor 1 of other studies [43,57,60-62].

Factor 2 represented dysphoria with significant loading from mood lability, depressed mood, guilt, suicide and anxiety. This is similar to finding from cluster analysis by Steven C et al. [57] Dysphoria was third factor in study by Tetsuya et al. [55] and second factor in study by Subash Chandra Gupta et al. [54], whereas in study by Frederick et al. [47] dysphoria was the first and the strongest factor. Dysphoric mood, mood lability, anxiety, guilt, suicidality were

Table 2e: Repeat PFA variance.

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	5.45	32.07	32.07	5.45	32.07	32.07
2	3.99	23.46	55.53	3.99	23.46	55.53
3	2.15	12.63	68.16	2.15	12.63	68.16
4	0.94	5.51	73.67			
5	0.8	4.71	78.38			
6	0.68	4.01	82.39			
7	0.49	2.87	85.26			
8	0.45	2.62	87.88			
9	0.38	2.25	90.14			
10	0.37	2.18	92.32			
11	0.33	1.92	94.24			
12	0.25	1.45	95.69			
13	0.2	1.2	96.89			
14	0.17	1	97.89			
15	0.15	0.89	98.78			
16	0.12	0.71	99.49			
17	0.09	0.51	100			

Table 2f: Three factor PFA component matrix (Repeat PFA).

	Component		
	1	2	3
increased motor activity	0.78	0.17	0.26
pressured speech	0.79	0.07	0.21
racing thoughts/ disturbed concentration	0.85	0	0.17
mood lability	0.15	0.73	0.35
euphoric mood	0.78	-0.2	-0.36
depressed mood	0.04	0.83	0.09
Guilt	-0.04	0.88	-0.11
Suicide	0.06	0.89	0.09
Psychosis	0.21	0.14	0.78
Paranoia	0.17	0.12	0.83
Grandiosity	0.68	-0.11	0.34
increased sexuality	0.63	0.2	0.09
Humor	0.85	-0.15	-0.15
Anxiety	-0.18	0.72	0.32
Irritability	0.08	0.12	0.82
Aggression	0.1	0.14	0.83
Dress	0.58	0.01	0.29

prominent in the mixed group in study by Frederick et al. [59] but this study reveals that dysphoria is itself important construct of mania. It was also consistent with findings from other studies [57,63-66].

Factor 3 represented psychosis with loadings from psychosis, paranoia and irritability and aggression. This was similar to finding by Raveen Hanwella et al. [56] whose factor 3 was psychois but dissimilar in sense that its factor 1 consisted of irritability [56], whereas in this study irritability also loaded on factor 3. In study by Tetsuya et al. [55] psychosis was second factor and in study by Steven

C et al. [57] irritability/paranoia was fourth factor. The finding was consistent with findings from other previous studies [54,47].

The three factors revealed in this study bear striking similarity to the core feature of mania derived from earlier descriptive works of Cassidy et al. [59]. This study differed from other studies in excluding mixed affective states from our sample which had not been done in the previous studies [50,57,59,61]. Even after exclusion of mixed states the study confirms that the occurrence of depression during mania is not confined to a minority of cases but is relevant to the construct of mania itself as suggested.

Similar to studies by Murphey et al. [61] and Double [50] the first factor was not that of mood only but that of overall activation which is in contrast to current nosological criteria in ICD-10 and DSM-IV-TR in which changes of mood are hallmark of mania.

Conclusion

Descriptive phenomenology is synonymous with phenomenological psychopathology and involves the observation and categorization of abnormal psychological events, the internal expression of patient and consequent behavior. Mania is one of the potentially disabling conditions, significantly affecting person's ability to function in work and social situations. This study was aimed at studying the phenomenology of mania.

This was a descriptive cross sectional study conducted on 75 patients of either sex and aged 18-65 years. Attempts were also made to identify the socio-demographic and clinical factors associated with mania. Factor analysis revealed three clinically meaningful factors that support the notion that mania is multidimensional.

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