

RESEARCH ARTICLE

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Mindfulness based cognitive therapy improves frontal control in bipolar disorder: a pilot EEG study

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Abstract

Background: Cognitive processing in Bipolar Disorder is characterized by a number of attentional abnormalities. Mindfulness Based Cognitive Therapy combines mindfulness meditation, a form of attentional training, along with aspects of cognitive therapy, and may improve attentional dysfunction in bipolar disorder patients.

Methods: 12 euthymic BD patients and 9 control participants underwent record of electroencephalography (EEG, band frequency analysis) during resting states (eyes open, eyes closed) and during the completion of a continuous performance task (A-X version, EEG event-related potential (ERP) wave component analysis). The individuals with BD completed an 8-week MBCT intervention and record of EEG was repeated.

Results: (1) Brain activity, individuals with BD showed significantly decreased theta band power, increased beta band power, and decreased theta/beta ratios during the resting state, eyes closed, for frontal and cingulate cortices. Post MBCT intervention improvement over the right frontal cortex was seen in the individuals with BD, as beta band power decreased. (2) Brain activation, individuals with BD showed a significant P300-like wave form over the frontal cortex during the cue. Post MBCT intervention the P300-like waveform was significantly attenuated over the frontal cortex.

Conclusions: Individuals with BD show decreased attentional readiness and activation of non-relevant information processing during attentional processes. These data are the first that show, MBCT in BD improved attentional readiness, and attenuated activation of non-relevant information processing during attentional processes.

Background

Although significant advances have been made in understanding the psychobiology of bipolar disorder, the specific deficit underlying its symptoms remains unclear. One important possibility is that attentional dysfunction is a key intermediate phenotype for understanding the pathogenesis of bipolar disorder (BD) [1-3]. Thus, attentional dysfunction in BD is a consistent finding in the literature [1,3-6]. Electroencephalographic (EEG) studies have made a particular contribution to this work, reporting asymmetrical activity (at rest) and activation (during task) in bipolar disorder; however these asymmetrical differences are dependent on mood state [4,7,8]. In euthymic BD asymmetry can be seen during

high task difficulty and is opposite to that which occurs in controls i.e. completion of difficult anagrams increased left frontal alpha activation while control participants showed decreased alpha activation [9]. Similarly EEG Event-related potential (ERP) studies report a myriad of deficits during attentional tasks during polar mood states, such as reduced P300 amplitude and latency [10,11]. However when euthymic, attentional task P300 amplitude and latency are similar to controls [10]. An earlier ERP auditory attentional component such as the P50, related to auditory sensory gating, is diminished in schizophrenia and has also been reported in bipolar disorder if they present with a florid history of psychosis [12]. At present it still remains unclear which attentional components are involved euthymic BD during attentional processes.

Attentional dysfunction in BD is suggested to result from interfering neural processing that is not related to

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Mindfulness Based Cognitive Therapy For Bipolar Disorder

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Mindfulness Based Cognitive Therapy For Bipolar Disorder:

Whispering the Strategies of Language: An Emotional Quest through **Mindfulness Based Cognitive Therapy For Bipolar Disorder**

In a digitally-driven world where displays reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words usually go unheard. However, set within the pages of **Mindfulness Based Cognitive Therapy For Bipolar Disorder** a captivating fictional treasure pulsating with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, that marvelous opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the emotional depths of the moving review, we shall embark upon a honest exploration of the book is core subjects, dissect its interesting writing fashion, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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