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Is bipolar disorder a brain disease? Attitudes and opinions of people treated for bipolar disorder and their relatives**Rodrigo Chiavaro da Fonseca, Padoan C S, Martini M, Cardoso T A, Farias C A, Goi P, Sousa M H, Longaray V K and Magalhães P V S**
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Mental disorders being considered brain diseases open new possibilities for research and treatment of psychiatric illnesses. This paradigmatic change in neurosciences and mental health care can affect directly the way patients perceive their diseases and are treated for them. It is necessary to assess attitudes and opinions of people suffering from these diseases to understand how this paradigm reflects the way patients recognize their condition. Patients were recruited from a tertiary care facility, specialized in the treatment of bipolar disorder in a University Hospital. Using qualitative based in-depth interviews, 13 patients and 6 family members were approached and were able to express their thoughts, impressions and what they did know about the relation between body organs and mental disorder. In general, the brain was the organ most cited to be related to Bipolar disorder, though not in isolation. Several other organs were also mentioned, including the kidneys, liver and blood. In addition, a strong association was made between the brain, mental diseases originating in the organ and the effects of poor brain function on other systems in the body. The proper functioning of the brain was associated with overall health, while poor brain function was related to general health problems and not only mental disorders. Bipolar disorder was considered by the participants a disease of the brain, but not only of the brain. In their view, brain diseases were systemic and could interfere in a complex way in health and sickness.

Recent Publications

1. Longaray V K, Padoan C S, Goi P D, da Fonseca R C, Vieira D C, Oliveira F H, Kapczinski F and Magalhaes P V (2017) Frequency of brain tissue donation for research after suicide. *Rev Bras Psiquiatr*; 29(2): 180-182.
2. Martini M, Fonseca R C, Garbin H I, Bassols A M S (2016) Psychodynamic understanding of "Daenerys Targaryen's" life cycle, character from the series-Game of Thrones. *Rev. Bras. Psicoter*; 18(1): 55-67.

Biography

Rodrigo Chiavaro da Fonseca is a Medical student and currently working in multiple projects like "Evaluation of biochemical and molecular parameters of the brain and their clinical correlations in individuals who committed suicide", "Brazil's suicide rate from 2000 to 2014 stratified by genre and age" and "Hospital waste: Is it possible to minimize the environmental impact of a big university hospital?". He is also teaching as Monitor in Promotion and Protection of Elderly and Adults' Health class and was rewarded with the Award of Best Oral Presentation at the 36th Scientific Week of HCPA in 2016.

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