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Bipolar disorder and divorce: related to pre-marital counselling and treatment compliance**Lely Setyawati Kurniawan***Udayana University Rectorate, Indonesia*

Statement of the Problem: WHO states there are 60 million people in the world have bipolar disorder, a chronic mental disorder characterized by mood swings, and can cause disability, psychosocial burdens including economic and family. Bipolar disorder affects communication and family harmony, particularly with regard to depression, hospitalization and frequency of manic episodes. Bipolar disorder has been shown to impair many functions in all areas of life. While marriage may have a positive effect on people with bipolar disorder, the marriage itself can be severely threatened by bipolar disorder in one or both partners. Every year there are 300 thousand divorces in Indonesia. Data from Population and Civil Registration of the Ministry of Home Affairs, there are 3.97 million people who are married and divorced. Methodology & Theoretical Orientation: Individual diagnosed with bipolar disorder, and if they had bipolar disorder's spouse will interviewed about their experience emotional journey due to their married life. To establish an integrated mental health facility to accommodate the needs of people with bipolar problems. Screening for bipolar disorders was carried out using various methods, such as structured and deep interviews, Beck's Depression Inventory and Young Mania Rating Scale, followed by holistic therapy. Findings: Spouses of patients with bipolar disorder who have problems with their married life. Specific targets are detect people who had been married, divorce, remarried and suffered by bipolar disorders. Conclusion & Significance: The divorce rate is higher when they get a change in mood. A number of marriages and divorces occur when mood swings occur, and the rates are higher for women than men. Women with bipolar disorder more often decide to divorce and remarry. Both men and women broke up more frequently during manic episodes.

Recommendations: Pre-marital counselling session is very important, it will be done together with religion and spiritual leader. People with bipolar disorders needs a comfortable place to support each other, and they don't hesitate to come for treatment.

Biography

Lely Setyawati Kurniawan is a Doctorate in Biomedical Medicine Udayana University, Denpasar – Bali, with a dissertation of Gen Receptor Serotonin 1-A Profile and Structural Equation Modeling's Analysis on Bali Society Domestic Violence. Psychiatrist graduated from Airlangga University, Surabaya in 2002 and received an award for research on Immunoglobulin-G in Depression patients. In 2005 obtained clinical competence as a Forensic Psychiatrist from the Indonesian Psychiatric Collegium and active for women's empowerment and child protection, often invited to the court as an expert and assist law enforcement in Indonesia. From 2003 she works in Psychiatry Department Udayana University / Sanglah General Hospital, Bali. Fellow of ISPCAN (International Society for the Prevention of Child Abuse and Neglect) and IPA (Indonesian Psychiatrists Association) especially in Forensic Psychiatry division, Bipolar Disorder, Women Psychiatry, Sexual and Marital Psychiatry. She has published several book chapters on domestic violence and mental health, and participated as a researcher in several research projects.