Self-defining memories (SDMs) are vivid, affectively intense and well-rehearsed autobiographical memories (AAMs) that reflect the central themes of the individual's life. They are integrated memories related to a meaning-making, i.e. a learned lesson about oneself, others or the world.

They embody the relevant memories in individual’s life story

Leads to individual to high self-understanding from that adolescence and adulthood period

Identity is an autobiographical reconstruction which includes past and future events (it is marked out by chapters, key scenes, main characters, and plots).

Self-defining memories (SDMs) are vivid, affectively intense and well-rehearsed autobiographical memories (AAMs) that reflect the central themes of the individual’s life. They are integrated memories related to a meaning-making, i.e. a learned lesson about oneself, others or the world.

Bipolar patients are compared to healthy subjects. Each participant is asked to recall six SDMs according to these instructions:
(a) SDMs should date from last than a year and be clear and familiar
(b) SDMs help to understand who you are
(c) SDMs are as familiar as a picture
(d) You have thought about these SDMs several times
(e) SDMs are as familiar as a picture
(f) SDMs should date from last than a year and be clear and familiar

Experimental design
Bipolar patients are compared to healthy subjects. Each participant is asked to recall six SDMs according to these instructions:
(a) SDMs should date from last than a year and be clear and familiar
(b) SDMs help to understand who you are
(c) SDMs are as familiar as a picture
(d) You have thought about these SDMs several times
(e) SDMs are as familiar as a picture
(f) SDMs should date from last than a year and be clear and familiar

Experimental design
Bipolar patients are compared to healthy subjects. Each participant is asked to recall six SDMs according to these instructions:
(a) SDMs should date from last than a year and be clear and familiar
(b) SDMs help to understand who you are
(c) SDMs are as familiar as a picture
(d) You have thought about these SDMs several times
(e) SDMs are as familiar as a picture
(f) SDMs should date from last than a year and be clear and familiar

HYPOTHESES
• Concerning specific SDMs: bipolar patients didn’t recall more specific SDMs (t (33) = 0.85, p = 0.4).
• Concerning emotional valence: bipolar patients didn’t recall more negative SDMs than healthy subjects.
• Concerning redemption: bipolar patients didn’t present more negative redemption than healthy subjects.

RESULTS
According to our hypotheses, bipolar patients recalled significantly less meaning making SDMs than healthy subjects (F = 7.47, p < 0.01).

CORRELATIONAL ANALYSES WERE CONDUCTED ON THE WHOLE SAMPLE.

1) CLARITY AND STABILITY OF THE SELF-CONCEPT & SELF-ESTEEM
SCCS scores were:
• Positively correlated with LABEL (r (34) = 0.48, p < 0.01)
• Positively correlated with RSE (r (34) = 0.79, p < 0.01)

As predicted, bipolar disorder presented a diminution of their sense of selves throughout SDMs and self-concept clarity. Further, there was a contradiction between results from both self-esteem tasks.

This poster’s bibliography is available on demand by email.

Contact:
All correspondence concerning this poster should be addressed to Marie BOULANGER.
E-mail address: marie.boulanger@ulg.ac.be

BACKGROUND
Bipolar Disorder = onset of illness during adolescence → impact on development of the self and identity → showed an AM disturbance → present a poorly developed sense of self and an instability of self-esteem.

What is about SDMs in bipolar patients?

This study investigated SDMs in bipolar patients and its relationships with self-esteem and self-concept clarity.

METHOD

Mood assessment:
• Depression severity: Beck Depression Inventory (BDI-II)
• Mania: Young Mania Rating Scale (YMRS)

SDMs assessment

Scales:
• Recalled and current emotions ratings: a positive, neutral or negative valence is attributed to events when it happened and when it is recalled.

Variables:
• Specificity, meaning making, content, redemption

Identity assessment
• Self-concept clarity: Self-concept clarity scale (SCCS)
• Self-concept stability: Self-concept stability scale (SCSS)
• Self-esteem: Rosenberg self-esteem scale (RSE)

Statistical analyses
Descriptive analyses, student t test, repeated ANOVA measures and correlational analyses were conducted.

GROUP COMPARISON
1) MOOD & IDENTITY
Bipolar patients showed a significant higher score of depression severity than healthy subjects (t(32) = 3.45, p < 0.01). Bipolar patients showed significant lower scores of the clarity of the self-concept and of its stability and of self-esteem than healthy subjects (t(32) = 4.74, p < 0.01; t(32) = 6.87, p < 0.01 and t(32) = 2.72, p = 0.01, respectively).

2) SDMS & CONTENT

Graph 1. SDMs: Contain

Graph 2. Emotional valence

Graph 3. Specificity and meaning making

Graph 4. Redemption

Graph 5. Clarity and stability of the self-concept & self-esteem

SCCS scores were:
• Positively correlated with LABEL (r (34) = 0.48, p < 0.01)
• Positively correlated with RSE (r (34) = 0.79, p < 0.01)

According to our hypotheses, bipolar patients recalled significantly less meaning making SDMs than healthy subjects (F = 7.47, p < 0.01).

Contrary to our hypotheses,
• Concerning specificity: bipolar patients didn’t recall more specific SDMs (t (33) = 0.85, p = 0.4).
• Concerning emotional valence: bipolar patients didn’t recall more negative SDMs than healthy subjects.
• Concerning redemption: bipolar patients didn’t present more negative redemption than healthy subjects.

This poster’s bibliography is available on demand by email.

Contact:
All correspondence concerning this poster should be addressed to Marie BOULANGER.
E-mail address: marie.boulanger@ulg.ac.be