

The daily-life creativity and bipolar disorders: a study in a Brazilian sample of patients, their relatives and normal controls

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Introduction: Some authors understand that there is a link between creativity and bipolar disorders. These kind of literature is based on the life of famous artists, writers and scientists. The fact is that creativity is something that takes place in the daily life of non-eminent people and with this approach it would be measured.

Objectives: This research was designed to study a possible linking between bipolar disorders and daily-life creativity. In order to study this issue the authors rated creativity in bipolar patients (BP), their relatives (BR) and normal controls (NC).

Methods: In 63 volunteers (21 type I euthymic BP, 21 BR without psychiatric disorders and 21 NC) the creativity was rated by 'The Lifetime Creativity Scales' by Richards, Kinney and Benet (1988). An estimated IQ was also measured.

Results: There was no significant differences in the three studied groups regarding sex, age, race, marital and job status. There was statistical significance regarding social classes: NC are more from lower classes than BP and BR (chi-square $p < 0.017$). The estimated IQ also show statistical differences: BP = 7.67, BR = 7.02 and NC = 6.12 (ANOVA $p < 0.006$). Regarding the subscales of creativity the results showed no differences in a vocational scales (peak and extent), extent of creative involvement and overall creativity. The subscales of vocational creativity (peak and extent) and the subscale of peak level of creativity showed statistical differences with BP showing higher rates. Nevertheless, when the means of these subscales were adjusted to IQ these differences disappeared.

Discussion: Although these results have showed that BP have higher levels of vocational and overall rating (peak level) of creativity (with robust effect size), we are not able to say that these differences are only due to creativity because our sample had statistical differences (without clinical relevance) in estimated IQ parameter.

Conclusions: More studies in these area are needed.

Keywords: bipolar disorders, mania rating scales, psychometric properties.