

躁狂抑鬱症

在結束五年的婚姻生活後，李女士開始了獨居的生活，而且亦因為此離婚的打擊而產生了抑鬱的情緒。最近，她突然變得很興奮，並覺得自己的抑鬱情況大大好轉了。而她的同事發現她在數星期內變得“精神奕奕”，然後又突然地情緒崩潰了。在李女士“精神奕奕”的期間，她總是有說不完的話，而且話題瞬息多變，有時更會在同事甚或顧客面前公然地說些色情話題或笑話，令人啼笑皆非。她的種種表現引起了她上司的懷疑，並把她轉介到僱員支援服務計劃尋求協助。李女士亦接受了輔導員的建議去見精神科醫生。

Jack 是一位剛大學畢業，踏足社會的年青人。他生長於一個對他極之保護的家庭，自小很少受到挫折。他自從被初戀情人拒絕後，一度變得很抑鬱，但忽然間又顯得“精神充沛”：他每晚只需幾小時的睡眠；腦海內意念奔馳；自信心突然膨脹，很多計劃，如覺得自己可成為出色的警察；覺得自己的能力比他現時的上司高，可獨立完成一個大型計劃等等。某個下午，當他在工作時，突然走到一位同事面前，控訴他秘密監察自己，而他的初戀情人是同黨，所有的同事都已知道他被拒絕的事，而且都在說他的閒話。事件引起其上司的關注，結果他被同事及家人在當晚送了入醫院，精神科醫生診斷他的病症為躁狂抑鬱症，並帶精神病性。

其實，我們每個人每天也經歷一些情緒轉變，如開心，不開心，憤怒等。我們清楚有什麼事情發生引致我們有不同的情緒轉變，而這些情緒轉變都是很正常的。但當我們遇上不明因由的極端情緒起伏時，那便可能是一種情緒病，而這病會影響到我們日常生活的運作的。躁狂抑鬱症主要是生理因素造成，大概有1.2%的成人會受到此病的影響。雖然，患者的病情有輕有重，但都會對患者的家人、朋友及同事造成一些影響。

躁狂抑鬱症是指患者會在一段時間內經歷不尋常的極端情緒起伏，一時十分亢奮，一時又很抑鬱，但有時又會回覆正常。通行患者會由抑鬱的情緒開始，再發展為兩極化的情緒。躁狂抑鬱症的患者可能會經歷三種不同的情緒起伏，包括：

甲. 躁狂

患躁狂抑鬱症的人一般會由「高漲」的情緒開始，患者會變得很有活力，很有創意及樂於交談。他們的情緒會持續地高漲，並且變得更加強烈及易發怒，導致他們脫離現實，若有人指出他們的錯誤更會大發雷霆。他們只需要極少的睡眠，但依然精神充沛；說話滔滔不絕，滿腦子新奇主意，精神不能集中，自信心突然膨脹及自視很高。此外，他們亦會縱慾及作出輕率的決定，如胡亂花費。

乙. 輕性躁狂

輕性躁狂是一種比較溫和的躁狂狀態。在這狀態下，患者會比平常表現得積極及精神奕奕，但這個狀態往往會再發展為躁狂或抑鬱。

丙. 抑鬱

在抑鬱狀態下，患者往往覺得難於處理日常事務。他們可能會情緒低落，對平時喜歡做的事情失去興趣，失眠或渴睡，無胃口或大吃大喝，精神難以集中，對小小事情也難以作決定，負面看事情，甚至感到 望或有自殺念頭。

以上三種情緒狀態除了會單獨出現外，亦有些患者會在同一日或很短時間內經歷躁狂及抑鬱，以至令他們痛苦萬分。

Post-Traumatic Stress Disorder (PTSD) II: What can the management do to help their subordinates recover from PTSD?

An employee who was hard working and very devoted to his employer was involved in an industrial accident. Although he was not seriously injured physically, his emotion was affected by the accident. He started to experience stress-related symptoms. The management team was concerned and thus referred the employee to the Employee Development Service for professional counseling. Later, the employee, with the assistance of a counselor, started to feel better. Considering the degree of injury and possibility of employee negligence, the management team was obliged to call upon an internal investigation on the accident.

The employee was very responsible and willing to be of assistance to the investigation. However, he found the management team accentuating on the "liability" for the accident, rather on the accident itself. The intensive interviews plus persistent re-experience of the accident inevitably led the employee to a complete mental breakdown. The employee was referred to a psychiatrist who instantly granted him an extended period of sick leave in view of his serious mental condition.

The employee wasn't stress-free at all during his time off. The company's persistent calls on his recovery progress precipitated more stresses to the involved employee who began feeling more apprehensive and anxious about returning to work and securing his job. His stress and worries hindered his recovery from the incident and it took him even longer to return to work.

If the employee were a staff of your company and you were part of the management team, what would you do to aid recovery? How would you strive a balance between the best interest of your employee and those of your company?

Oftentimes, industrial accidents are followed by series of internal and external investigation procedures. Sometimes, the government may intervene. During the investigation process, not only are the management involved under pressure, but the staff involved can also be very

distressful in face of his own mental health, the reporting process and the investigation outcome as well. These precipitating stressors may often leave the affected staff feeling depressed, anxious, worried and self-blamed. As a consequence, adequate recovery will not occur, which in turn, slows down the investigation process. Worst of all, the company may lose a competent employee and fall into disrepute.

Given the circumstances of a critical event, what can be done to achieve a win-win situation? Suggestions are given as follows:

1. In the aftermath of a critical incident, a preliminary assessment on the involved staff's feelings and emotional reactions should be carefully undertaken. Professional opinions on the staff's mental condition should also be considered before the staff was invited to the investigation.
2. When involved staff was found manifesting unstable mental or emotional responses in the course of investigation, the procedure should be discontinued. It is because traumatic experience often results in memory loss, which impairs an individual to provide accurate information to the investigation. Thus, it is significantly important for the involved staff not to be further traumatized during his recovery.
3. Be neutral and non-judgmental.
4. It is advisable that a staff should be assigned to coordinate all the internal and external investigation activities and to maintain a close contact with the counselors of the Employee Development Service. By doing so, the involved staff will not be overwhelmed by the overflow of information and personnel. When the involved staff is mentally and emotionally fit to participate in each investigation, he will be able to provide the most accurate and useful information to the investigation team.