

The Effectiveness of Theory of Mind Training on Improvement Social Skills Patients Suffering Bipolar Disorder

Bayan saeidi ^{*1}, Leyla haydari ²

¹Master of Clinical Psychology, Co

²Master of Clinical Psychology, Women's Advisor, Office of Education in Kurdistan

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ABSTRACT

The purpose of this study investigates the impact of theory of mind on improvement social skills patients suffering bipolar disorder. This study is a semi Experimental type [Pretest and Post-test, with Control group]. Statistical population included all patients suffering bipolar disorder in the sanandaj city of year 2014. In the society about 30 persons were selected as the statistical sample using convenient sampling method. They were assigned randomly into 3 group, Control group [Without training and drug], Experimental 1 groups [theory of mind Training, and drug use], Experimental 2 groups [only drug use and without Training]. [10 persons in each group]. The instruments consist of Matson's social skills scale and was used to theory of mind Training, from Advanced Theory of Mind Test (Happe, 1994). Experimental 1 group attended in theory of mind training in the 8 sessions lasting for 1 hours on the tow month, but the control and Experimental 2 group did not receive any of instruction. The data analysis was done by using ancova. Also The findings of this research showed that there were a significantly more than experimental & 2 and control groups in the mean scores of social skills experimental 1 group ($P < 0.05$). Also, scores mean of all of the social skills subscales (appropriate social skills, Inappropriate social skills, impulsive & aggression, normal superiority & high self-confident and healthy relation with peers) significantly increase on the post intervention in experimental 1 group ($P < 0.05$) and the theory of mind training program lead to improve social skills of patients suffering bipolar disorder. Therefore, planning for theory of mind training has a particular importance for patients suffering bipolar disorder. So together with drug treatment can be benefited of theory of mind in improvement patients suffering bipolar disorder.

KEYWORDS: bipolar disorder, Theory of mind , Social skills

INTRODUCTION

Bipolar disorder is the upper most disturbance at psychiatry and define as subset of gnomonic disorder. relation with gnomonic disorder is because of that we can very clearly alternative in the mood of an infected person (6). Bipolar disorder is composed of a series of signs and symptoms and continue for weeks or month's and completely are different from normal functioning of person and maybe mood up or down and characterized (8). Bipolar disorder with feels of discomfort and fatigue, euphoria/joy, increased energy and restlessness (33). Bipolar patients with behaviors that is inconsistent in which inexcusable and unusual. Sometimes the behavior of person peak of the energy, active, witty and humorous, and sometimes at the peak of the sadness and disappointment. Over all this patient most of the time act and feels in duration of normal/natural. However, almost a quarter of them are unstable mood and most of them encountered with problem about connection with /deal people in the home or society (16). Harm of this disease in human life and physical damage to the body of the person and sociality is more severe/rigorous than other diseases and leads to a significant subversion/degradation in the performance of their social activity. Bipolar disorder on different aspects of life and social skills person for example in situation of employment, performance (poor performance in school, work) and changes in appetite, sleep and energy, inability to make decisions and affect their sense of well-being (45). Several studies suggest that increase of the disease during certain seasons is higher. Studies conducted in various countries shows that the most frequent admissions of/ hospitalize patients relapse/increase in summer and spring (9). Bipolar disorder is a complex chronic disease that mainly affect the mood, important features include severe emotional disorders and swings in mood. The disorder is usually associated with committing suicide. Leads to penitent social problems such as long-term unemployment, escape from school, academic failure, business failure and divorce .Also, people with bipolar disorder in social functions such as family relationships and daily communication are clearly impaired/ perturbation (25, 46). And since one of the main characteristics of individuals/person with bipolar disorder in the form of social communication And social damage is located in

the center of the disturbance And broad result/implications in all areas of growth and are adoptability with bipolar. So it is very important to improve social skills and social harmony in their lives and help them (39). Humans through the socialization values process beliefs and standards expected of behavior learning culture (37). Complex process known as social skills that others know him competent also necessary ability for have purpose behavior and successful (29). Social skills encompass a different /wide range of capabilities, including emotional expression, self-regulation, social flexibility Social sensitivity and self-assertion (43), each of which are contains a subset of another subsidiary .there are A variety of methods for teaching social skills to people One of the methods of teaching these skills using the theory of mind.. One of the central issues of developmental psychology Theory of mind, and one of the key concepts of how the mind works and its impact on behavior This new theory of mind development by increasing social adaptive behaviors and associated with reduce antisocial behavior Also recently, the initial evidence, the effectiveness of this approach to education have also shown that bipolar disorder (40).Social skills and skills in which related to the theory of mind, an important area in daily communication And perhaps learn to task/work in this field help them to have a successful life (15). In the past two decades, theory of mind is one of the newest and most interesting topics in the field of social cognition has attracted Attention of many psychologists and evolutionary perspective. The basic framework theory of mind is social cognitive Social cognition in a general survey to describe and explain the formation of the social world Sense/understanding of "self" and "other" identifies/ understanding of human relationships in social contexts and understanding / identifies the factors that influence people's relationship (7). Articulating this theory of mind has improved social skills of bipolar disorder patient. , It must be said that the theory of mind as a way to be defined/defined kind of ability in the human ,the ability by that person/individuals enable to explain himself and other behavior And predict .for this /To do this is related to mental states such as desires, beliefs, perceptions, emotions, etc (7). So, no matter how much a person is able to interpret and predict the behavior of others. So, how much a person is able to interpret and predict the behavior of others will be more able to demonstrate appropriate social behavior. In other words, the transformation of the social theory of mind can help patients with bipolar disorder And learning theory is to increase cooperation in patients with bipolar disorder (42). Understand themselves and others is essential for effective social interaction. "Theory of mind" in practice gives them a powerful tool with which to explore, predict the behavior of others (5, 42). By the theory of mind we can interpret mental states (beliefs, desires, fantasies, emotions, etc.) In which they are probable (19). Theory of mind is a prerequisite for understanding the social environment and is essential encounter / to engage in competitive behavior (11, 26). For the importance of theory of mind can be said that this theory is necessary for understand the social environment and encounter/engage competitive social behavior (44).understanding Theory of mind has impact of social skills (31). Theory of mind and, in turn, may be important for success in school because of social skills is linked to academic achievement (21, 32). Finally we can say that the theory of mind acts like an umbrella in which puts himself under people understanding of the mental states of others (27). People like to understand the beliefs of other because they can predict their behavior, explain and represent adjustments (38). Schenkel, and Towne, Chamberlain, (2014), in his review conclude that patients with bipolar disorders in first group functioning psychosocial /mental social theory of mind is weaker than those of patient in which are in the second group. Barrera, Vázquez, tannenhau, Lolich and Herbst, (2012), in their research suggests that the ability of patients with bipolar disorder can be improved by teaching the theory of mind. McKinnon, Cusi, MacQueen, (2010), has been shown to reduce the function of theory of mind is accompany duration of the disease and increase the severity of symptoms Hejari , Amiri, yar Mohammedyan, Malakpour, (2007), at the research showed that group training can solve problems of social adjustment in bipolar disorder Kazemi, Rasolzadeh Tabatabai, Dezhakam , and AZadflah, Mmmeni, (2012), at reached conclusion that effectiveness of cognitive psychotherapy _ Analysis of the reduction of maladaptive pattern doubt/ Crossroads problem/ obstacle in patients with bipolar disorder type II, more than recognition of psychological with medical instead of with medical psychological alone. Bahrami, Solati Dehkordi and Farhadi, (2010), the research showed that the use of educational Meta cognitive-emotional processing method on emotional skills, cognitive and social functioning is effective in bipolar patients d increases the effectiveness of treatment. Considering the above understanding conclusions and here is not opportunity to mention them all, We can understand that the acquisition of social skills is important factor for human daily communication and learning tasks in this field will help people to have a successful life. . Theory of mind is a prerequisite for understanding the social environment, and is necessary to encounter in social behavior. The relationship between bipolar disorder and its different signs and its role in the well-being and quality of life and the effectiveness of different approaches Such as cognitive therapy / psychoanalysis, cognitive restructuring, and family therapy /treatment, etc for reducing the symptoms analyses in this essay/have been studied. Also relationship between social skills and bipolar disorder and effectiveness of

theory of mind and its modifying /modulating it was not studied. The present study sought to find new answers to this question and to enhance social skills bipolar patients was performed.

Given the purpose of the research, hypotheses examined were:

- 1 The theory of mind training, are effects on the rise appropriate social skills in patients with bipolar disorder.
2. The theory of mind training, are affects on the reducing inappropriate social skills in patients with bipolar disorder.
3. The theory of mind training, are affects on the reducing, the impulsive behavior and the aggression in patients with bipolar disorder.
4. The theory of mind training, are affects on the rise a high self-confident (supremacy) normal in patients with bipolar disorder.
5. The theory of mind training, are affects on increasing healthy relationships with peers in patients with bipolar disorder.

METHODOLOGY AND STATICAL SAMPLE

Research methods used in the research in which because of research aim/purpose nature and type of research is category of semi-experimental studies that using a pretest-posttest control group in which the evaluation group two times pretest and post test were evaluated and the number of the dependent variable (social skills) obtained. Our study population were all patients with bipolar (2014-2015 years) in which they refer to Sanandaj Quds hospital. Above mentioned sample 30 randomly selected from the population and in the following three groups were replaced.

- 1) the experimental 1 group (10 sample/subjects), the group of patients with bipolar disorder who receive training theory of mind. Also a receive regular medication regimen.
- 2) the experimental 2 group (10 subjects/sample), the group of patients with bipolar disorder who do not receive any training., Only drug (Regular medication regimen).
- 3) the control group (10 subjects/sample), no training was given to the participants of the group during the study period and did not use drugs.

For group 1, 8 sessions include theory of mind continuously doing. For group 2 and control group the training was not provided. It should be noted that patients in all three groups according to certain characteristics such as age (20 to 50 years), sex (both sexes in the same ratio/ in equal), Education (from 8 grade school/Diploma: to school with out any college), the absence of clinical and personality disorder same time the axis I and II, Disease (at least 2 years of diagnosis recognition spend/cross them), being sick in the course of Mania, Baipolar with psychotic, receive medication regimen compared to regular/regular time (for groups 1 and 2) and no drug (control group) were matched.

Research Tools/Research instrument:

In this study, a questionnaire was used Matson Social Skills and questionnaire /Inventory advanced theory of mind that its psychometric properties are described below.

1. Matson Social Skills Inventory:

Social Skills Inventory by Matson et al., 1983, was developed to measure social skills, which includes 56 questions. Also by Yousefi and Khayer (2005) reliability and validity of the test was confirmed. The index is based on a five-point scale answers Likert -type scale with scores ranging from 1 (never) to 5 (always) is grading. For this scale, 5 sub-components or sub-scale was developed as follows: appropriate social skills, inappropriate social skills Aggressive and impulsive behavior, excessive self-confidence and supremacy of (normal), healthy relationships with (same ages) peers. According Yousefi and KHayer survey (1383) finally, The scale of social skills using Cronbach's alpha coefficient And (Tasnif Method) and the total scale composed of 86% have been reported.

2. Advanced Inventory Theory of Mind

Advanced theory of mind is made by Happe questionnaire contains 24 short stories titled story the Strange (odd) Which includes a 12 story pretense, false, white lie, exaggerated, persuasion, forgetfulness, and interior appearance, jokes, slang/innuendo, false understanding, speech and formal literary has opposed the proposed And evaluated the ability of the mind. Thus, a comprehension question (Does what it says is correct X) And other questions related to the character's mental state attribution (Why X said). Grading The test is in this way

error in which is learnable /evaluable about real story or state of mind that describe in the story awarded zero score. The answer is not mentioned clearly or certainly state of mind but imagine the real story one score The response in which considering the fact story and mental state clearly 2 scores awarded. The questionnaire for the first time Iran by the ARefi (2007) was used. Arefi validity and reliability of the questionnaire reported that (validity and reliability coefficient of 89% to 98%).

Method of practice and do interventions:

After replacement of the test subjects in group 1, 2 and control tests before and after the test, the test groups 1 through 8 sessions training theory of mind. Experimental intervention within 8 sessions 1 hour as following describe did meeting for the Group 1, : First session: introduction, the aim of the training sessions and the context of the theory of mind, recognition human social relations /communication in a social context. Second session: Education situational emotions, pretend tasks and understand the humor, and though pretend is the prelude to understanding the mind and can improve /promote social understanding. Session III: misconception about world knowing, misconception in Idea beliefs, lie, white lie, and the cause of it. Session IV: recognize and accept their false beliefs, exaggeration and persuasion are also discussed, irrational and over much exaggeration about describing someone or something and process in which change approach /attitude of Audience and thus leads to change consumer behavior we call it persuasion. Fifth Session: Understanding between the symbolic relationship exercise your imagination and put yourself instead of other the subject of this meeting was about appearance/ inside and forget we define that forgotten means is don't remembering something Appearance and interior are different .our understanding of the appearance - interior done by our recognition of belief. The sixth session, this session was sarcasm and misunderstanding at meeting define misunderstanding that became common issue/topic for problem And the sarcasm is that reproach, rebuke and blame/ censure. Session VII: how to express the thought in mind, form of speech and opposite exciting And we illustrate/explain with the help of several examples of story by use of series of tests written (Happe) Session VIII: In the final session of intervention patients after test done and explain about recurrence of symptoms after treatment stopping And also was emphasized on the complementary nature of the treatment to drug therapy and needs of Pharmaceutical and medical prescriptions and follow up after the recovery.

FINDINGS/ RESULTS

For statistical analysis of data in this hypotheses was used analysis of covariance (ANCOVA). in this analysis, the mean post-test 1 with an average of group 2, and comparing the control and pre test 2 as auxiliary variable .but is necessary to account the condition of homogeneity and declivity of regression and equally in variance. also Tukey test was used to compare the groups.

Hypothesis 1: "The theory of mind training, are affects on the rise appropriate social skills in patients with bipolar disorder."As mentioned earlier, for statistical analysis of data in this hypothesis was used analysis of covariance. is provided the data for this hypothesis in Table 1.

Table 1: Results of the analysis of covariance on the average of the pre-test and post-test groups 1 and 2 and the control in variable of appropriate social skills

variables	Sum of Squares	df	Mean Square	F	Sig
pretest	0/043	1	0/043	1/98	0/001
group	22/59	2	11/29	522/7	0/001
Error	0/562	26	0/023		

As can be seen in the table 1, after adjusting for pretest scores between the three groups 1, 2, and control there was a significant difference Therefore, the null hypothesis of no difference between the three groups will be rejected. In other words, learning theory of mind is effective on the rise appropriate social skills of patients with bipolar disorder and this impact is great/ significant.

Table 2 : results of the Post- Hoc test, on the average of the pre-test and post-test groups 1 and 2 and the control in variable of appropriate social skills

Group (I)	Group (J)	Difference the mean	sig
Experimental1	Experimental2	2/0667	0/001
Experimental1	control	2/0778	0/001
Experimental2	control	0/0111	0/998

To verify that the difference between the groups is significant, the test (Tukey) was used. So this test showed that the experimental groups 1 and 2, the difference in level ($P < 0/001$), and between experimental group 1 and control in level ($P < 0/001$) is significant, and no significant difference between the control and experimental group 2 ($P < 0/005$).

Hypothesis 2: “The theory of mind training, are affects on the reducing inappropriate social skills in patients with bipolar disorder. “As mentioned earlier, for statistical analysis of data in this hypothesis was used analysis of covariance is provided the data for this hypothesis in Table 3.

Table 3: Results of the analysis of covariance on the average of the pre-test and post-test groups 1 and 2 and the control in variable of inappropriate social skills

variables	Sum of Squares	df	Mean Square	F	Sig
pretest	0/044	1	0/044	1/655	0/001
group	26/77	2	13/38	501/04	0/001
Error	0/695	26	0/027		

As can be seen in the table 3, after adjusting for pretest scores between the three groups 1, 2, and control there was a significant difference Therefore, the null hypothesis of no difference between the three groups will be rejected. In other words, learning theory of mind is effective on the reducing inappropriate social skills of patients with bipolar disorder and this impact is great/ significant.

Table 4 : results of the Post- Hoc test, on the average of the pre-test and post-test groups 1 and 2 and the control in variable of inappropriate social skills

Group (I)	Group (J)	Difference the mean	sig
Experimental1	Experimental2	-2/1818	0/001
Experimental1	control	-2/1000	0/001
Experimental2	control	0/0818	0/395

To verify that the difference between the groups is significant, the test (Tukey) was used. so this test showed that the experimental groups 1 and 2, the difference in level ($P < 0/001$), and between experimental group 1 and control in level ($P < 0/001$) is significant, and no significant difference between the control and experimental group 2 ($P < 0/005$).

Hypothesis 3: “The theory of mind training, are affects on the reducing, the impulsive behavior and the aggression in patients with bipolar disorder. “As mentioned earlier, for statistical analysis of data in this hypothesis was used analysis of covariance is provided the data for this hypothesis in Table 5.

Table 5: Results of the analysis of covariance on the average of the pre-test and post-test groups 1 and 2 and the control in variable the impulsive behavior and the

variables	Sum of Squares	df	Mean Square	F	Sig
pretest	0/071	1	0/021	1/24	0/001
group	19/87	2	9/93	600/79	0/001
Error	0/430	26	0/017		

As can be seen in the table 5, after adjusting for pretest scores between the three groups 1, 2, and control There was a significant difference Therefore, the null hypothesis of no difference between the three groups will be rejected. In other words, learning theory of mind is effective on the reducing, the impulsive behavior and the aggression of patients with bipolar disorder and this impact is great/ significant.

Table 6 : results of the Post- Hoc test, on the average of the pre-test and post-test groups 1 and 2 and the control in variable the impulsive behavior and the aggression

Group (I)	Group (J)	Difference the mean	sig
Experimental1	Experimental2	-1/9250	0/001
Experimental1	control	-1/8750	0/001
Experimental2	control	0/0500	0/830

To verify that the difference between the groups is significant, the test (Tukey) was used. so this test showed that the experimental groups 1 and 2, the difference in level ($P < 0/001$), and between experimental group 1 and control in level ($P < 0/001$) is significant, and no significant difference between the control and experimental group 2 ($P < 0/005$)..(

Hypothesis 4: “The theory of mind training, are effects on the rise a high self-confident (supremacy) normal in patients with bipolar disorder. “As mentioned earlier, for statistical analysis of data in this hypothesis was used analysis of covariance is provided the data for this hypothesis in Table 7.

Table 7: Results of the analysis of covariance on the average of the pre-test and post-test groups 1 and 2 and the control in variable a high self-confident (supremacy) normal

variables	Sum of Squares	df	Mean Square	F	Sig
pretest	0/248	1	0/248	4/73	0/001
group	26/72	2	13/36	255/30	0/001
Error	1/36	26	0/052		

As can be seen in the table 7, after adjusting for pretest scores between the three groups 1, 2, and control There was a significant difference Therefore, the null hypothesis of no difference between the three groups will be rejected. In other words, learning theory of mind is effective on the rise a high self-confident (supremacy) normal patients with bipolar disorder and this impact is great/ significant.

Table 8 : results of the Post- Hoc test, on the average of the pre-test and post-test groups 1 and 2 and the control in variable high self-confident (supremacy) normal

Group (I)	Group (J)	Difference the mean	sig
Experimental1	Experimental2	-1/9667	0/001
Experimental1	control	-2/0333	0/001
Experimental2	control	0/0667	0/930

To verify that the difference between the groups is significant, the test (Tukey) was used. so this test showed that the experimental groups 1 and 2, the difference in level ($P < 0/001$), and between experimental group 1 and control in level ($P < 0/001$) is significant, and no significant difference between the control and experimental group 2 ($P < 0/005$)..(

Hypothesis 5: “The theory of mind training, are affects on increasing healthy relationships with peers in patients with bipolar disorder. “As mentioned earlier, for statistical analysis of data in this hypothesis was used analysis of covariance. is provided the data for this hypothesis in Table 9.

Table 9: Results of the analysis of covariance on the average of the pre-test and post-test groups 1 and 2 and the control in variable healthy relationships with peers

variables	Sum of Squares	df	Mean Square	F	Sig
pretest	0/003	1	0/003	0/108	0/001
group	0/078	2	0/039	1/23	0/001
Error	0/0827	26	0/032		

As can be seen in the table 9, after adjusting for pretest scores between the three groups 1, 2, and control There was a significant difference Therefore, the null hypothesis of no difference between the three groups will be rejected. In other words, learning theory of mind is effective on increasing healthy relationships with peers patients with bipolar disorder and this impact is great/ significant.

Table 10 : results of the Post- Hoc test, on the average of the pre-test and post-test groups 1 and 2 and the control in variable healthy relationships with peers

Group (I)	Group (J)	Difference the mean	sig
Experimental1	Experimental2	-0/1000	0/001
Experimental1	control	-0/1111	0/001
Experimental2	control	0/0111	0/999

To verify that the difference between the groups is significant, the test (Tukey) was used so this test showed that the experimental groups 1 and 2, the difference in level ($P < 0/001$), and between experimental

group 1 and control in level ($P < 0/001$) is significant, and no significant difference between the control and experimental group 2 ($P < 0/005$).

DISCUSSION AND CONCLUSION

In this study, impact of theory of mind in patients with bipolar disorder and improve of social skills of patients was studied we have tried to answer the question that whether learning theory of mind can improved social skills of patients with bipolar disorder? then first group compare with second group and control group. According to the results of the first test group and second test group and control groups and post-test mean/average we found significantly difference. . Based on these findings and other results from the analysis of covariance was obtained during the test It can be concluded that training, theory of mind has significant effect on components of social skills of patients with bipolar disorder in first experimental group and second experimental group and control group in the experiment. The research leading to improved social skills of patients with bipolar disorder in first group while the performance of the control group second group there was no significant change. These results with the results of Slaughter, Michelle, Dennis and Pritchard. (2010), Mizokawa and Koyasu. (2012), Fisher and Happe and Dunn (2005); Hollon, Thase and Markowitz (2002); Schenkel, Chamberlain and Towne (2014), McKinnon, Cusi, MacQueen, (2010), Repacholi and Slaughter (2003), Jami (2009), Kloo, and Perner (2008), Perry, Banon and Ianni (1999), Hejari , Amiri, Yarmohammadian and Malakpour, (2007); Bahrami, Solati Dehkordi and Farhadi., (2010); Razavieh, Latifian and Arefi, (2011), Amin Yazdi, Kareshky and Kyafar (2013), Bakhshi bareziland Mikaeeli, (2014), Amini, Ali Madadi, Nejati Safa, Sharifi, (2009), Naghi Aghdasi, Gol Mohammad Nejad and Barmaki (2011), Amozeshi, Yunesi, Khazaei and Vaghei (2012), Yaghoobi Atefe Vahid and Ahmadzadeh(2004); is adopted/in same part. For this Results could be argued that the learning /training theory of mind can solve lack of social skills in patients with numerous problems about justify/adoption at community And thus increases the social adaptation Moreover, increase the ability of thinking creatively and critically, Increase effective communication at interpersonal relationships ,in which there are good outcomes of theory of mind .it caused adaptive and appropriate social behaviors. Also why theory of mind is in relationship with a appropriate social behaviors in patients with bipolar disorder. We should say that the theory of mind has been defined as a human ability .ability in which person can explain and predicate his behavior and others behavior and for do that he to refer mental states such as desires, beliefs, perceptions, emotions, etc. So as much person can attention to others false belief justify them he has ability to predict and interpret others belief thus will perform more appropriate at social behavior And training theory of mind can increase the effectiveness of social at patient Theory of mind is only an understanding in range of mental states such as thinking and knowing but also include understanding the social motivation and harm on it can affect on human social communication .so that theory of mind activity can make situation in which patient inter act each other effectively relation and make situation in which is appropriate for social skills and positive interaction between the patient .by focusing on appropriate social skills to provide health and well-being of the individual and abandon /freed him from the inappropriate restrictions/fetters. Based on our results, we can conclude that the theory of mind, it is necessary to function as a predictor of patients' social skills. It means that if person reach to theory of mind he can increase social skills. So that theory of mind assembling can be base for social skills .by utilize this we can improve social skills. Totally we can say theory of mind training is technique In which by that person /individual learn to in different position in good way make healthy relation whit their friend/same ages. learning theory of mind greatly effective on human social skills and by learning this skills increase range of social skills at patient .so people who use theory of mind training can present higher mental health and better performance. Clear message of this study is that by teach the theory of mind we could improve and enhance social skills of patient. So that the theory of mind makes it easier for patients to improve their social skills. In these situation/ conditions, vitality and freshness and mental health are provided. Finally, we conclude the theory of mind, has positive effects on social adjustment and increased social skills and led to a significant improvement in activity and social behavior in patients with bipolar disorder and improve their confidence. So that theory of mind helps patients with bipolar disorder being socialize and learning theory is to increase cooperation in patients with bipolar disorder. In general we can say that the theory of mind, a technique that, through which people learn, in different situations, appropriate and desirable to build healthy relationships with peers and training theory of mind skills to a considerable extent on improving mutual healthy relationships with peers is effective and has been teaching these skills, the ability to establish healthy relationships with peers increase in patients. Therefore, patients who are teaching the theory of mind, better mental health and better performance show. Also this theory in this study case being effective and Cogitable Can help them make best decision in different situation whole of the life .

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