

## Publication

In Iranian female and male adolescents, romantic love is related to hypomania and low depressive symptoms, but also to higher state anxiety

### **JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)**

**ID** 3135030

**Author(s)** Bajoghli, Hafez; Joshaghani, Narges; Gerber, Markus; Mohammadi, Mohammad-Reza; Holsboer-Trachsler, Edith; Brand, Serge

**Author(s) at UniBasel** [Gerber, Markus](#) ;

**Year** 2013

**Title** In Iranian female and male adolescents, romantic love is related to hypomania and low depressive symptoms, but also to higher state anxiety

**Journal** International journal of psychiatry in clinical practice

**Volume** 17

**Number** 2

**Pages / Article-Number** 98-109

**Keywords** Romantic love, hypomania, anxiety, adolescents

Background. Experiencing romantic love is important in individual development. Little is known about romantic love among adolescents in non-Western countries. The aim of the present study was to explore romantic love among Iranian male and female adolescents. Method. A total of 201 adolescents (mean age: 17.73 years) took part in the study; of these, 81 indicated they were experiencing romantic love at the time of survey, and 120 indicated they were not in love. Participants answered questionnaires related to affective states (hypomania, depressive symptoms, state and trait anxiety) and exercise, and completed a sleep log for seven consecutive nights. Results. Compared to controls, participants in love displayed favourable hypomania scores, fewer depressive symptoms and increased concentration during the day. However, participants in love also had higher state anxiety scores. Moreover, hypomanic-like stages increased with duration of relationship in female, but not in male participants. Conclusions. The pattern of results suggests a favourable association between being currently in love and emotional and cognitive processes. Sleep, however, seemed unrelated to this specific state.

**Publisher** Dunitz

**ISSN/ISBN** 1365-1501

**edoc-URL** <http://edoc.unibas.ch/dok/A6390940>

**Full Text on edoc** No;

**Digital Object Identifier DOI** 10.3109/13651501.2012.697564

**ISI-Number** WOS:000319133500004

**Document type (ISI)** Article