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Claimed Simulation of Insanity A Coping Strategy in Mania

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The coping strategy of claimed simulation of insanity observed at the onset of psychotic episodes in a manic patient is reported here. There is a need for systematic research on coping strategies in affective psychosis in order to develop techniques to help contain or prevent relapses.

Research into coping strategies is increasingly interested in the ways in which people with serious life crises or handicaps learn to deal with them consciously and purposefully (Breier & Strauss, 1983). Until recently, coping strategies adopted by patients experiencing an episode of psychosis have not received much attention, but they are currently being systematically studied, focusing especially on how they can be applied in the management of the illness. Subjective perception of prodromal changes in vegetative and emotional functions have been

observed in schizophrenic patients by Herz & Melville (1980), Heinrichs *et al* (1985), Brenner *et al* (1987), Häfner & Thurm (1987) and, in an Indian population, by Shuba Kumar *et al* (1989). These studies reported that a large proportion of their patients consciously adopted different coping strategies like internal dialogue, seeking a comforting relationship, social withdrawal, seeking treatment and self-adjustment of medication in an effort to ward off an impending relapse or exacerbation of the psychosis.

