

Descriptive Features of mixed bipolar outpatients

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Background

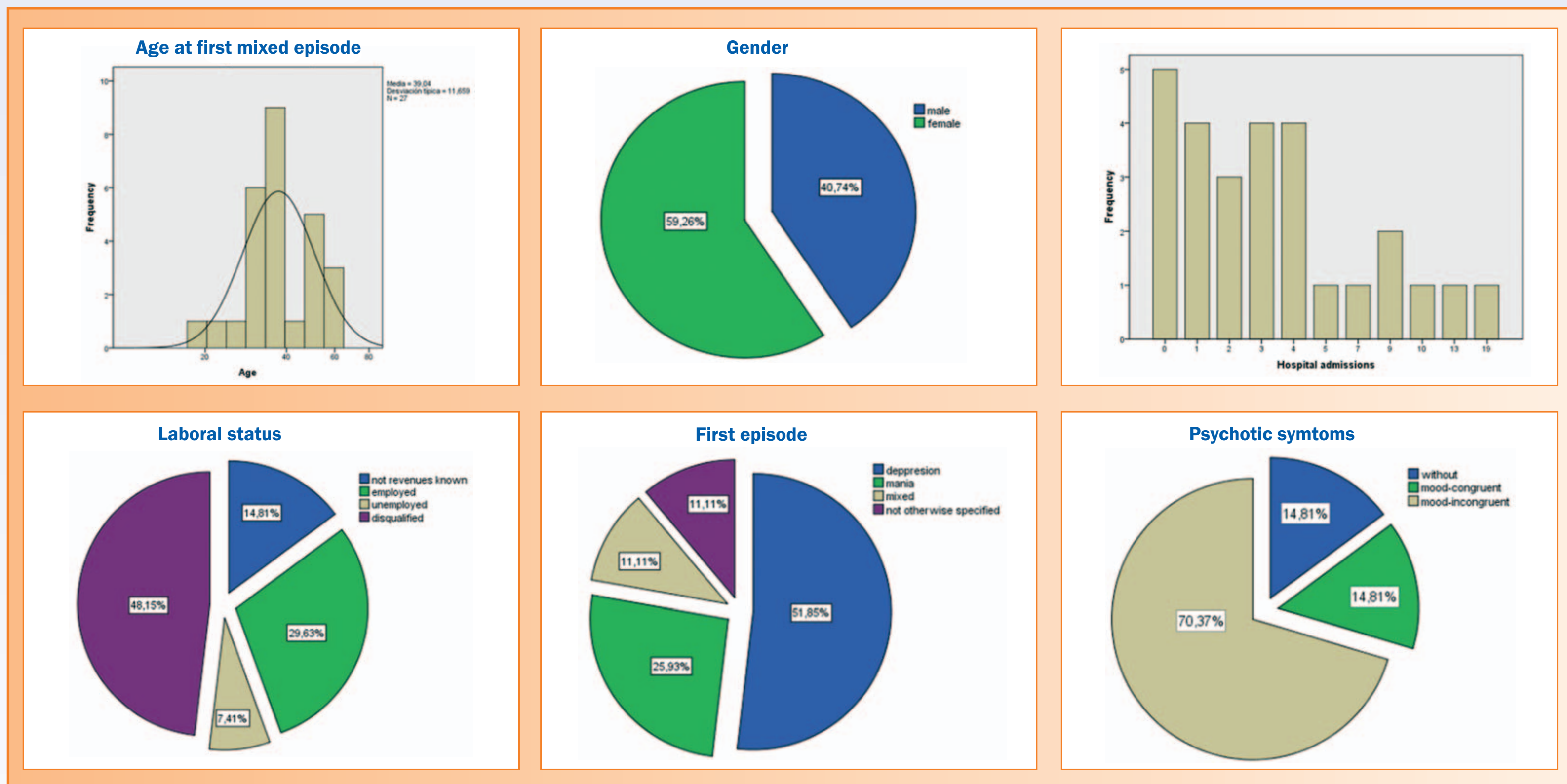
Mixed episodes in bipolar disorder have been widely discussed. Due to the limited empirical data, in the upcoming DSM-V mixed disorders will be excluded as specific episodes and will appear as a description of the bipolar episode. The present study aims to review sociodemographic and clinical features in patients who have suffered mixed episodes in an outpatient department.

Methods

Within all patients visited at least once in the Santa Coloma's Mental Health Center from 2005 to 2009, we have recruited all patients with a type I bipolar disorder who have at least suffered one mixed episode. We have identified 31 patients and we have retrospectively reviewed sociodemographic and clinical features. 4 patients have been excluded because of missing data.

Results

- 59% were women
- 44% were married
- 48% were legally disqualified
- 26% had problems with the primary group
- 52% had a first depressive episode and 11% had a first mixed episode
- 6% had previous suicide attempts
- 70% had incongruent psychotic symptoms
- 72% had at least one hospital admission and media was 4,07 (SD 4,53)
- 37% had comorbidity with alcohol
- 33% had comorbidity with other toxics
- 26% had comorbidity with axis II.



Discussion

Despite the small sample size these results suggest a tendency and are congruent with the hypothesis that women are more prone to suffer mixed bipolar disorders than men. There are specific clinical characteristics in this disorder (incongruent psychotic symptoms, high comorbidity with alcohol, toxics and axis II) and has an important clinical impact (high disqualification and hospital admissions). These data suggest that mixed episodes would have specific characteristics different from pure mania and worse prognosis. To evaluate this we will compare, in a second phase of this study, the studied sociodemographic and clinical features in patients with mixed episodes and patients with pure mania.

There are no relevant conflicts of interest to disclose