EVOLUTION OF BIPOLAR DISORDER OVER 12 YEARS IN A PSYCHIATRIC HOSPITAL

Ribera E[1], Grifell M[1,2], Campillo MT[1], Ezquiaga I[1], Martínez L[1], González L[1], Palomo A[1], Galindo L[1,2], Pérez V[1,2,3]

[1]Institut de neuropsiquiatria i addiccions, Parc de Salut Mar, Barcelona, Spain. [2]Institut Hospital del Mar d'Investigacions Mèdiques, Barcelona, Spain. [3]CIBERSAM G21

INTRODUCTION

Bipolar disorder is a leading cause of hospitalization in psychiatric hospitals. It affects more than 1% of the world's population irrespective of nationality, ethnic origin, or socioeconomic status. Bipolar disorder is one of the main causes of disability among young people, leading to cognitive and functional impairment and raised mortality, particularly death by suicide. (Grande, Berk, Birmaher, & Vieta, 2015). It is known that early detection of bipolar disorder is associated with a better prognosis.

OBJECTIVES

The aim of this study is to conduct a demographic analysis of patients hospitalized for Bipolar disorder in a single center between 2003 to 2014.

METHODS

Retrospective cohort study of 1230 patients admitted with bipolar disorder diagnosis from 2003 to 2014 at Centre Assistencial Emili Mira i López of Parc Salut Mar of Barcelona. We divided the study in two periods: 2003-2008 and 2009-2014. We analyzed the following variables: frequency of admissions, age, sex and days of hospital stay, comparing both periods. Chi-square test for categorical variables and Student t test for quantitative variables were applied.
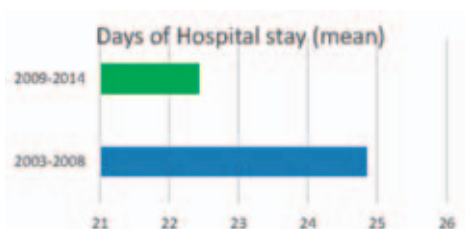
RESULTS

The mean ages at the first and second period are 52 and 47 respectively ($p<0.001$). There are no significant differences in sex and days of hospitalization. The frequency of admissions on the first and third trimesters is higher than in the second and fourth, although the differences are not statistically significant.
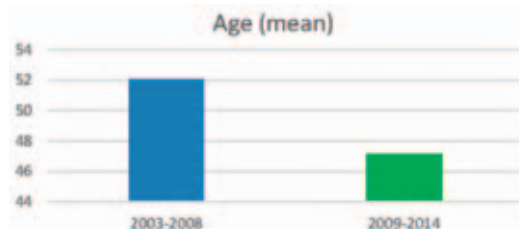
Table 1. Differences in age and days of hospital stay

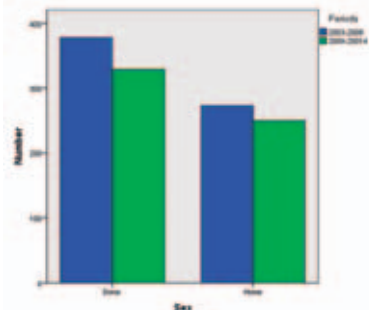| Group stadistics					
	Periods	N	Mean	SD	SE
age	2003-2008	651	52,06	15,283	0,599
	2009-2014	579	47,14	13,693	0,569
days of hospital stay	2003-2008	651	24,85	26,533	1,04
	2009-2014	579	22,42	24,017	0,998

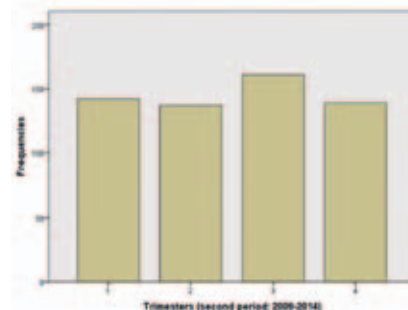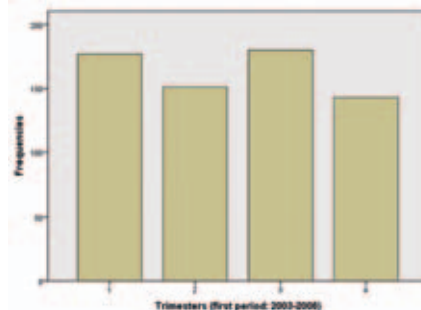Graphic 1. Differences in age

Graphic 2. Differences in hospital stay

Graphic 3. Differences in sex

Graphics 4: Differences in trimesters comparing the first with the second period

CONCLUSION

Despite the large number of patients in the study, there are limitations, such as being a retrospective study and not being adjusted for confounding factors. The average age of patients in the second period is lower than in the first. This could suggest an improvement in early detection of bipolar disorder in the last years. Further research is needed to confirm this hypothesis.

REFERENCES

1. Grande, I., Berk, M., Birmaher, B., & Vieta, E. Bipolar disorder. Lancet (London, England). 2015. Sep 17.