

## PREVALENCE OF UNIPOLAR MANIA AND EVALUATION OF THE CHARACTERISTICS IN UNIPOLAR AND BIPOLAR MANIA IN KERMAN (IRAN)

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**Background:** Some study suggest that unipolar mania could be a separate subtype, while there is no unipolar mania listing in DSM. We compared sociodemographic and clinical data of unipolar and bipolar mania.

**Methods:** In an analytical-observation study, through 850 patients with bipolar I disorder, in 10 years of illness duration, 240 patients were included. We evaluated demographic and clinical information and interview with patients and their families consistent with DSM, then we assessment the comorbidities and other clinical conditions and analysed our data by using the mann-witney test, chi-squar test and fisher exact test.

**Results:** 22.4% of 219 patients presented a course of illness characterized by unipolar manic episodes without history of major or mild depression. When this group was compared with 170 manic patients with a previous history of depressive episodes, we found significant similarities in most demographic, familial, and clinical characteristics. Just positive family history for MDD was higher in bipolar mania significantly ( $P < 0.005$ ). Unipolar mania group reported more congruent psychotic symptoms ( $P_v = 0.005$ ). Lastly in unipolar group total number of episodes is less than and manic episodes is more than bipolar. ( $P_v = 0.005$ ).

**Discussion:** There is no prominent differences between two groups and inform clinical and psychopathological have common characteristics in unipolar and bipolar mania. So, biologic, physiologic and anatomical bases of unipolar and bipolar mania could be similar. Literature on this topic is still insufficient, and it is necessary to ongoing unipolar manic studies in future.