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The influence of subsyndromal mood symptoms (SSMS) on cognition and psychosocial functioning of euthymic bipolar patients remains unclear. Viewpoints vary from minor to major influence of SSMS, but seem to be dependent on the methodological choices of the respective researchers. The present study evaluates the relationship between SSMS and cognitive or psychosocial functioning. 16 euthymic patients with bipolar (I: n= 10; II: n= 6) disorder according to DSM-IV criteria were included. SSMS were measured using the MOODS-SR. Cognitive functioning was measured using STROOP, Trail Making Task, WMS-R visual memory subtests, CVLT, WCST, BADS, NART, amongst others. Psychosocial functioning was determined using the GVSIG-45, and the Rand-36. Number of bipolar mood symptoms significantly predicted psychosocial functioning. Post-hoc analyses revealed this effect was greatest for the number of depressive symptoms. To our surprise, cognitive functioning had no significant relation to number of mood symptoms or psychosocial functioning. Although the study has several limitations, our results may imply careful detection of subsyndromal depressive mood symptoms in recovered bipolar patients, as these symptoms may typically be responsible for lowered psychosocial functioning and well-being.

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Functional, social and labour impact of depressive symptoms in bipolar disorder (Sindepres study)

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Background and Aims: The impact of depressive symptoms in stability phases on bipolar disorder outpatients' functional aspects could be important to determine if they are impaired and their treatment requirements. Our aim is to describe functional impact and social adjustment in stable BD, regarding present subclinical depressive symptoms.

Methods: Cross-sectional, prospective, 16-week study of a cohort of 761 BD patients included by 94 investigators. Clinical stability was assessed at baseline and week 16, with the Clinical Global Impression scale for BD (CGI-BP-M), depressive symptoms at baseline with the Hamilton Depression Rating Scale (HDRS), the Montgomery-Asberg Scale (MADRS) and with the self-applied Center for Epidemiologic Studies-Depression Scale (CES-D). Functional status was evaluated with Social and Occupational Functioning Assessment Scale (SOFAS) and Social Adaptation Self-evaluation Scale (SASS).

Results: Depressive symptoms were detected: mean scores on the HDRS 3.7 (SD 3.1), MADRS 4.9 (SD 4.5) and CES-D 15.2 (SD 9.9) scales. On EEASL mean was 79.5 (SD 12.7), showing a slight decline in social-labour activity and poor social adjustment; SASS mean was 37.5 (SD 7.9). 3.4% of the sample (95%CI 2.0-4.8) presented mild depression with moderate functional impact. The presence of depressive symptoms is related to social-labour functional impact and social maladjustment. The highest correlation coefficients are seen between EEASL and MADRS ($r = -0.54$, $p < 0.0001$) and between SASS and CES-D ($r = -0.47$, $p < 0.0001$).

Conclusions: Depressive symptoms on BD outpatients may result in a decline in social-labour functionality and social maladjustment. Self-applied tests performed during follow-up provide important information about patient's functionality.

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Maintenance treatment in bipolar I disorder with Quetiapine in combination with Lithium/Divalproex: A placebo-controlled, randomized trial (North American trial D1447C00127)

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Background and Aims: To examine the long-term efficacy and safety of quetiapine in combination with lithium (Li) or divalproex (DVP) in the prevention of recurrent mood events (manic, mixed, or depressed).

Methods: Patients with bipolar I disorder (DSM-IV, most recent episode manic, mixed or depressed) received open-label quetiapine (400–800 mg/day; flexible, divided doses)+Li/DVP (target serum concentrations 0.5–1.2 mEq/L and 50–125 µg/mL) for up to 36 weeks to achieve ≥ 12 weeks of clinical stability. Patients were subsequently randomized to double-blind treatment with quetiapine (400–800 mg/day)+Li/DVP or placebo+Li/DVP for up to 104 weeks. Primary endpoint was time to recurrence of any mood event defined by medication initiation, hospitalization, YMRS or MADRS scores ≥ 20 at two consecutive assessments, or study discontinuation due to a mood event.

Results: 1953 patients entered the stabilization phase and 623 were randomized and received ≥ 1 dose of study medication. Rates of recurrence of a mood event were 20.3% (63/310) vs 52.1% (163/313) for quetiapine and placebo groups, respectively, a risk reduction of 68% (HR 0.32; $P < 0.0001$). Risk reductions were similar for manic and depressed events (HRs 0.30 and 0.33, respectively; $P < 0.0001$). Safety data were consistent with the recognized safety profile of quetiapine. However, a greater incidence of blood glucose ≥ 126 mg/dL was observed in the quetiapine treatment group.

Conclusions: Maintenance treatment with quetiapine+Li/DVP was significantly more effective than placebo+Li/DVP in increasing the time to recurrence of a mood event in stable patients with bipolar I disorder.

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Efficacy and safety of Quetiapine in combination with Lithium/Divalproex as maintenance treatment for bipolar I disorder (international trial D1447C00126)

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Background and Aims: An international, randomized, double-blind, parallel-group study was designed to determine the efficacy and safety of quetiapine+Li/DVP compared with placebo+Li/DVP in