

PW01-29 - MOOD STABILIZERS AND ATYPICAL ANTIPSYCHOTICS IN LONG-TERM TREATMENT OF BIPOLAR DISORDER

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Objectives: Bipolar Disorder treatment includes not only the remission of Major Depressive or Manic/Hypomanic Episodes, but also the prevention of recurrences. Purpose of this trial is to evaluate the effectiveness of Mood Stabilizers and Atypical Antipsychotics in preventing recurrences.

Methods: 67 patients with a diagnosis of Bipolar Disorder type 1 and 2 were followed retrospectively for a period of 48 months. Clinical and demographic information were collected by clinical charts and interviews with patients. A survival analysis was performed considering death events change of treatment, a Major Depressive or Hypomanic/Manic Episode or a hospitalization.

Results: Patients treated with Lithium survived longer than patients treated with Valproate (Log Rank: $\chi^2=3.86$, $p=0.05$) which resulted to be superior in terms of recurrence prevention compared to Atypical Antipsychotics in monotherapy (Olanzapine, Quetiapine or Risperidone) (Log Rank: $\chi^2=4.54$, $p=0.03$). Lithium association with an Atypical Antipsychotic resulted more efficacious in terms of recurrence prevention compared to Lithium (Log Rank: $\chi^2=7.01$, $p=0.008$) or Atypical Antipsychotics in monotherapy (Log Rank: $\chi^2=8.61$, $p=0.003$).

Conclusions: These preliminary data would indicate that Lithium association with an Atypical Antipsychotic would be more effective in preventing Major Depressive or Hypomanic/Manic recurrences in bipolar patients.

References:

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