Risk of recurrence of bipolar disorder in postpartum periods: a retrospective study of 374 female patients

G Maina, G Rosso, A Aguglia, F Bogetto

Mood and Anxiety Disorders Unit, Department of Neuroscience, University of Turin, Turin, Italy

Introduction: The postpartum period is a time of increased risk of recurrences in women with bipolar disorder. The aims of this study were to evaluate the frequency of postpartum episodes in bipolar women with children and to investigate the relationship between postpartum episodes, type of bipolar disorder (I or II) and type of bipolar cycle.

Methods: This retrospective investigation was performed by reviewing the charts of 374 women with a diagnosis of bipolar disorder I or II admitted to the Mood and Anxiety Disorders Unit of the Department of Neuroscience, University of Turin, from January 1995 until December 2009.

Results: 276 women with children and have been considered for the data analysis. All pregnancy had been concluded without any mood stabilizer treatment. The mean age at onset of bipolar disorders was 28.0 ± 7.8 years and 53.3% of the sample was bipolar II. An irregular type of bipolar cycle (IRR) was in 128 (46.4%) patients, while 84 (30.4%) and 64 (23.2%) patients respectively had a depressive-manic (DMI) and a manic-depressive (MDI) bipolar cycle. Among bipolar patients with children, 207 (75.0%) had at least one recurrence during the postpartum period, the percentage of women experiencing a depressive episode during postpartum was higher (79.7%) than other episodes (2.9% hypomanic, 13.5% manic, 3.9% mixed). Both (hypo) manic (or mixed) and depressive postpartum episodes were significantly associated with bipolar I disorder diagnosis and with lower age at onset of bipolar illness; (hypo) manic or mixed postpartum episodes were also associated with MDI cycle. The recurrence rates of postpartum episodes were higher after subsequent pregnancies: The recurrence rate of patients with more than one postpartum episode was 86.5% (n = 45) and exclusively of the same polarity.

Discussion: The relative risk during postpartum comparing treated patients with non-treated patients remains uncertain.

Keywords: postpartum, bipolar disorder, bipolar cycle, women, childbearing years

Bipolar affective disorder and substance use: the dual diagnosis in treatment seeking patients experience from chronic conflict zone, Kashmir, India

A Majid*, MA Margooobb, AW Khan

*Department of Psychiatry, SKIMS MCH, bGovi Medical College, Srinagar, India

Introduction: Interest in the study of co-occurrence between mood, anxiety disorders and substance use disorders has grown tremendously in past decade and a half. It has become clear that co-occurrence of these disorders is common and has definite impact on treatment of dually diagnosed patients.

Methods: Total of 561 Patients registered in the outpatient department of psychiatric diseases hospital, Srinagar were screened by MINI PLUS for comorbid Axis I psychiatric disorders.

Results: Total of 561 substance use disorder patients were included in the study, out of which 62.56% (n = 351) patients had an associated psychiatric disorder. Concurrent BPAD as dual diagnosis was present in 23.64% (n = 83) patients. The age of...