

EVALUATION OF SOCIODEMOGRAPHIC CHARACTERISTICS, DISEASE CHARACTERISTICS AND TREATMENTS OF BIPOLAR DISORDER

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BACKGROUND AND AIM: In the current treatment guidelines, single drug treatment is recommended for the treatment of BD, and combination treatments are frequently used in clinical practice. This study aimed to retrospectively determine psychotropic drug use in the long-term follow-up of BD patients and to investigate its place in daily clinical practice by correlating it with the sociodemographic and disease characteristics of the patients.

METHODS: The sociodemographic, disease-related characteristics and medications used by 141 patients followed up with the diagnosis of BD in ALKÜ were retrospectively examined. ALKÜ ethics committee approval was received dated 22.01.2025 and numbered 02-12

RESULTS: 82 (58.2%) of the patients were female, mean age was 35.64 ± 11.77 years. 47.5% of the patients were married and 44% were working. The age of onset of BD was 24.99 ± 10.19 . 51.8% of the patients had a family history of BD. The first

illness period was determined to be mania in 41.1% (n: 58) of the patients and depression in 52.5% (n: 74). The first illness episode of 44.7% (n: 63) of the patients was psychotic. In their first episode, 17% of the patients were treated with a combination of mood stabilizers (MS) and antipsychotics (AP), and 19.9% (n: 28) were treated with only AP monotherapy. In their current treatments, 73% of the patients were treated with a combination of MS and AP.

CONCLUSIONS: The recommended treatment for BD is to use MS or AP the disease periods and to continue the treatment with only MS during the remission periods. However, it has been stated that in recent years, the use of AP has increased and the duration of use has been extended, both as AP, AD and MS. In a similar study, it was determined that 95.4% of patients used AP and MS in their treatment.

Keywords: Bipolar disorder, antipsychotics, sociodemographic characteristics, drugs