A COMPARATIVE STUDY ON CLINICAL PROFILE AND SUBSTANCE USE OF PATIENTS WITH BIPOLAR VERSUS UNIPOLAR DEPRESSION

ABSTRACT

INTRODUCTION

Depression is common illness worldwide. Number of studies have attempted to distinguish the phenomenology of depression in major depressive disorder and bipolar disorder. For planning a proper treatment, it is important to know how these two conditions differ from each other. This study assessed illness parameters, clinical variables and use of substance among two groups.

MATERIALS AND METHODS

This is comparative cross-sectional study. 50 patients in each group, who were diagnosed with either bipolar disorder or major depressive disorder, currently presents with depressive episode were included and detailed socio demographic, illness profile, substance use and phenomenology was assessed. Scales such as HAM-D, BPRS, AUDIT, FAGERSTORM SCALE were applied to assess severity and analysed data using appropriate statistical tests.

RESULTS

Bipolar depression group had early onset, more number of hospitalisations, frequent episodes, greater use of substance when compared to unipolar depression group. Deliberate self-harm, psychotic symptoms and anxiety symptoms was significantly higher among bipolar depression. Logistic regression was done to find predictors of bipolarity in this study.

CONCLUSION

By early identification of bipolarity spectrum during episode of depression, would help to prevent further episodes and would improve overall functioning and quality of life of such patients.

KEYWORDS: Bipolar Depression, Unipolar Depression, Phenomenology