COMPARISON OF LITHIUM AND SODIUM VALPROATE COMBINATION THERAPY WITH SODIUM VALPROATE MONOTHERAPY IN EUTHYMIC BIPOLAR PATIENTS

ABSTRACT

Background: Lithium and sodium valproate combination therapy is the most recommended after the failure of monotherapy which is used as the first-line treatment commonly. If this combination is found to have synergistic pharmacological effects it may prove better than the monotherapy and could even be used as a first-line therapy, but the comparison between this combination and monotherapy has been rarely done in the past especially in terms of quality of life, functioning and cognition.

Aim: to compare the quality of life, functioning and certain cognitive variables between euthymic bipolar patients on sodium valproate and lithium combination therapy with those on valproate monotherapy.

Methods: This is a cross-sectional analytical study. Independent t tests, along with Pearson correlation and Spearmann rank correlation tests were employed for the main results and IBM SPSS version 20 was used.

Results: WHOQOL-BREF and GAF scores were better in the group receiving combination therapy. No significant differences in the cognitive variables between the two groups observed.

Conclusion: Patients on lithium and sodium valproate combination therapy seem to have a better quality of life and functioning as compared to those on sodium valproate monotherapy. No difference in cognition between the two groups was observed.

Keywords: Bipolar Affective Disorder; combination therapy; Lithium; Sodium Valproate; quality of life; cognition