

Mood Disorders

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The Burden of Depression

- In the World Health Organization (WHO) report in 2006 it is the leading cause of productive years lost to disability.
- More than all causes of cancer and more than ischemic heart disease.

The Burden of Bipolar

- Bipolar is the 6th leading cause of disability in the group of 15-44 years of age

(WHO 1996)

The Burden of Bipolar

- 89% of adolescents diagnosed with bipolar are on full disability by the age of 30 despite treatment.

(Gillberg 1993)

The Burden of Bipolar

- 6 months after hospital admission due to mania 80% of patients are symptom free or mildly symptomatic but only 43% were employed

(Dion 1988)

The Burden of Bipolar

- If it was the first hospital admission 64% were employed
- If they had previous admissions only 33% were employed
- Only 21% of the total sample were working at their pre-illness level

(Dion 1988)

The Burden of Depression and Bipolar

- The extent of symptoms of depression, not mania predicts the poor functional outcomes.
- However, pharmacology to treat depression in bipolar disorder has been underdeveloped

(Goodwin & Jamison)

Bipolar Illness

- One fourth to two thirds of individuals with bipolar never sought any form of treatment.
- There is a 10 year delay for adequate diagnosis/therapy for the ones that seek treatment.

(Schaffer 2006)

Bipolar Illness

- Delay in diagnosis means inadequate treatment which leads to worse outcomes and increased cost of care.

(Ghaemi 2000, Blanco 2002, and Perlis 2006)

Bipolar Illness

- Half of diagnosed bipolar patients in nonacademic settings are not taking mood stabilizers

(Lim 2001, Wang 2005 and Schaffer 2006)

Bipolar Illness

- Best treatment available was associated with full remission in half the patients and nearly half of the recovered patients relapsed at least once in a 2 year follow up
(Step BD)

Treatment

- Diet
- Sleep
- Exercise
- Therapy
- Medications
- Support groups