

## Is Mania Precipitated by Life Events?

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### Objectives

To describe the prevalence of life events as precipitants of manic episodes in patients with bipolar affective disorder.

### Methods

A descriptive cross sectional study. Fifty three inward patients with mania were selected by simple random sampling method during the study period of one month. The data was obtained through an interviewer administered questionnaire and Holmes and Rahe Stress scale.

### Results

Thirty two (60.3%) of the study subjects were females and the mean age was 35.8 years (range 18-62). Bipolar affective disorder current episode mania with psychotic symptoms was the diagnosis in 52.8% (n=28). Thirty one patients (58.5%) had experienced life events in the month preceding the onset of manic episode. Eight (25.8%) of the life events were above 50 life change units of Holmes and Rahe Stress Scale. The most commonly occurring life events were marital separation (n=5, 16.1%), trouble with in laws (n=5, 16.1%) and change in living conditions (n=4, 12.9%). The other precipitant identified was defaulted treatment which was present in 43.3% (n=23), while 3.7% (n=2) share the combination of treatment default and life events.

### Conclusions

This study reveals that life events have played an important role in precipitating manic episodes in patients with Bipolar Affective disorder.