

DO VITAMIN D LEVELS IN BIPOLAR AND SCHIZOPHRENIA OUTPATIENTS DIFFER? OUTCOME OF A DUTCH CROSS-SECTIONAL STUDY

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Introduction: Itzhaky (2012) found significantly lower vitamin D level in patients with schizophrenia than in healthy controls.

Objective: Measurement of vitamin-D in bipolar and schizophrenia/schizoffective outpatients.

Aims: Determining the prevalence of vitamin D deficiency in outpatients with bipolar disorder, schizophrenia or schizoffective disorder in the Netherlands.

Method: Outpatients in the Alkmaar region aged 18-65 years with a bipolar disorder, Schizophrenia/schizoffective disorder were asked to add vitamin D levels determination to the annual standard blood sample taking.

Results: 111 patients, 54 with schizophrenia/schizoffective disorder and 57 with bipolar disorder, participated. 58 (53%) was male, mean age 47 (SD 9.9) years. 64 (58%) showed vitamin-D insufficiency (< 50 nmol/L), 32 (29%) vitamin-D deficiency (< 30 nmol/L). 7 (6.3%) female patients aged >50 had a serum level between 30-50 nmol/l. No significant differences were found between bipolar disorder and schizophrenia/schizoffective disorder.

Conclusion: To prevent osteoporosis, vitamin D supplementation is advised with vitamin D-levels below 30nmol/l or below 50 in women >50 years and men >70 years, (Dutch Health Council).

Using to this criterion 39 patients (35%) of the study-population needed vitamin-D supplement. If confirmed, addition of vitamin-D levels to the annual somatic screening of patients with bipolar disorder, schizophrenia/schizoffective disorder is indicated. Limitation: the impact of the season on vitamin-D levels was not corrected for in either population.

References:

Dutch Health Council (Gezondheidsraad). Evaluatie van voedingsnormen voor vitamine D. Den Haag: Gezondheidsraad, 2012.
Itzhaky D et al. Low serum vitamin D concentrations in patients with schizophrenia. *Isr Med Assoc J.* 2012;4:88-92.