

P-204 - CLINICAL FEATURES OF BIPOLAR DEPRESSION VERSUS UNIPOLAR DEPRESSION: A PRELIMINARY STUDY

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Introduction: Depressive episodes in bipolar type I, II and unipolar disorder have many common traits, but also differences. Failing to diagnose bipolar disorder in patients who are in a severe depressive episode can lead to unfortunate treatment options and a poor outcome.

Objectives: Identifying differences in clinical features of bipolar and unipolar depression.

Aim: Identifying clinical features that distinguish bipolar from unipolar depression will allow better treatment options, improve the outcome and the quality of life of the patients.

Methods: The preliminary study is being conducted in Timisoara, Romania and consists of 76 in- and outpatients from the Timisoara Psychiatric Clinic and the Timisoara Mental Health Center, diagnosed with either bipolar type I, II or recurrent depressive disorder, according to ICD-10 criteria. 5 separate assessments will be made over a period of 20 months, comprising of a battery of assessment scales and tests, including neurocognitive assessments.

Results: The preliminary results show an association between the age of onset (earlier in bipolar depression), atypical depressive symptoms (more frequent in the bipolar group), number of depressive episodes (a higher number in the bipolar group), somatic symptoms (more frequent in the unipolar group) and cognitive functioning (less impaired in the unipolar group).

Conclusions: Initial results show that there are subtle differences in presentation between bipolar and unipolar depression and that these differences may help guide the initial diagnosis.