

## **P-218 - THE ROLE OF MOOD STABILIZERS IN THE MANAGEMENT OF THERAPY FOR BIPOLAR AFFECTIVE DISORDER**

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**Introduction:** The dopaminergic, noradrenergic, serotonergic and GABA-ergic imbalances as well as the kindling phenomena lead to a particular therapeutic approach for the bipolar affective disorder.

The therapeutic management aims both at prolonged remissions, and at the prevention of mood veering.

**Objectives:** Evaluating the efficacy of using atypical antipsychotic substances with and without the association of mood-stabilizing substances in the favourable evolution of the disorder.

**Method:** The study included two groups of patients with bipolar affective disorder (according to DSM-IV criteria) in the period 2009-2011.

Group A (n=28) was treated with quetiapinum 600mg /day, while group B (n=30) with quetiapinum 600mg/day together with valproat 1500mg/day, during the study period, with evaluation through MADRAS, CGI, YMRS scales.

**Results:** Remission was obtained in both groups, within sensibly equal time.

In group A(quetiapinum) ,7,15% of patients presented mood veering (from anger to depression), 42,7% relapsed within the first 12 months, and 7,15% had at least 4 depressive episodes in 12 months. Remission was not maintained in any of the patients during the study period.

In group B (quetipinum+valproat) remission had longer duration for 80% (over 18 months), 20% didn't have any decompensation, and no mood veering was recorded.

**Conclusions:** The association of mood-stabilizers in the treatment with atypical antipsychotic substances led to remissions with long duration.

The use of mood-stabilizers in the treatment of bipolar affective disorder prevents mood veering and avoids the disorder evolution towards a rapid cycling form.