

P-217 - SUICIDALITY IN BIPOLAR AFFECTIVE DISORDER THE NATURE OF IMPULSIVITY AND IMPULSE CONTROL DISORDERS - A CROSS SECTIONAL CONTROLLED STUDY

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Patients with bipolar disorder have a higher risk of committing suicide(15-20%) Poor impulse control might be the mechanism by which suicidality may become manifest in bipolar disorder.

Aims: To determine the nature of poor impulse control and suicidal behaviour.

To understand the relationship between poor impulse control,co-morbid diagnosis and suicidal behaviour in patients with bipolar disorder.

Method: A cross sectional study was carried out in 40 patients with bipolar disorder. Clinical parameters were established using semi-structured interview, co-morbid diagnosis and impulse control disorders using SCID. All completed impulsivity questionnaire (UPPS) and Suicidal behaviour questionnaire (SBQ). ANOVA and Pearsons correlation was performed.

Results: There was high degree of co-morbidity (55 % anxiety, 30% substance use, 13% personality disorder and 47 % impulse control disorder). 45% did not have a past history of self harm, 40% had history of less severe self harm and 15%had near fatal self harm history.The sample mean showed significant difference compared to population mean ($P < 0.05$) with marked difference noted for near fatal self harm group ($P < 0.01$) indicating that patients with bipolar disorder might have a high degree of trait impulsivity.The three items on impulsivity scale-lack of premeditation, urgency and lack of perseverance correlated significantly ($P < 0.01$) with the future likelihood of dying.

Conclusion: This study supports the view that there is a high degree of suicidal behaviour in bipolar disorder.15% of the sample had past history of near-fatal self harm.High scores of trait impulsivity in sample are akin to scores for patients with borderline personality and addiction. There is a clear correlation between impulsivity scores and future risk of completed suicide.