



Original Article

Correlation of manic and mixed episode severity in bipolar disorder and obsessive symptom severity in comorbidity of these disorders

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Abstract

Introduction: There is much evidence regarding the comorbidity of obsessive-compulsive disorder (OCD) and bipolar disorder (BD). Therefore, this study was done to elucidate the correlation between severity of mixed and manic phases of BD and severity of obsessive-compulsive symptoms in comorbidity of these two disorders.

Materials and Methods: In this descriptive study, 30 patients admitted in mixed or manic episodes of bipolar disorder type I in Taleghani and Imam Hossein Hospitals in Tehran in 2011, were evaluated with SCID-I for OCD and if OCD were confirmed, the patients were included in this study. Then Young Mania Rating Scale, Hamilton Rating Scale for Depression, Yale-Brown Obsessive Compulsive Scale and demographic questionnaires were completed for all these patients. The severity of mixed and manic phases and also severity of obsessive-compulsive symptoms in the first week of admission, at the time of discharge and one month after discharge were evaluated. Data were analyzed using descriptive statistics, repeated measure, t-test, Wilcoxon, and Pearson correlation by SPSS.19 software.

Results: Significant statistical correlation between severity of obsessive-compulsive symptoms and Hamilton Rating Scale for Depression during admission and at the time of discharge was observed only in mixed phase (respectively $P=0.005$ and $P=0.029$).

Conclusion: Significant correlation between severity of obsessive-compulsive symptoms and depressive component of mixed phase of bipolar disorder can show the stronger correlation between severity of obsessive compulsive disorder and depressive symptoms or depressive episodes of bipolar disorder. This could help us setting appropriate treatment strategies.

Keywords: Bipolar disorder, Comorbidity, Obsessive compulsive disorder

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Introduction

Bipolar disorder is considered to be one of the common disorders. The prevalence of this disorder has been reported to be 7% to 39% based on different protocols (1-6). Obsessive-compulsive disorder (OCD) is one of the anxiety disorders the relation of which with bipolar disorder (BD) has been paid attention to by researchers. The prevalence risk of one or more disorders of axis I in people of major mood disorders is high. In recent years, it has

been reported in epidemiologic and clinical studies that comorbidity of OCD and BD is of great incidence, and this can be concomitant with adverse effects on the trend of BD. In most studies, the OCD in patients with BD has been reported to be 9%-35% which is greater than the general population (7). In a study, it was shown that in outpatients inflicted with OCD, these patients had BD at 15.7% (8).

The relationship between these two disorders has been investigated from different aspects such as severity of OCD after the administration of antidepressants in patients with BD (9), appearance of manic or hypomanic after treatment of OCD with drug (10-13), episodic trend of OCD in BD patients (14,15) and the effect of comorbidity of BD in OCD trend (14);

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