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CLINICAL FEATURES IN HOSPITALIZED BIPOLAR PATIENTS

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Introduction: Bipolar disorder usually begin at an early age and often need hospitalization. In this study, we aimed to investigate the clinical characteristics of patients with bipolar disorder
Methods: The data of 108 bipolar type I patients who were admitted to psychiatry clinic of a university hospital due to manic episode between 2007-2009 were examined.
Results: 45 of 108 bipolar patients (41.6%) episodes of mania was just across diseases. 18 of these 45 patients were diagnosed with first-episode mania. Percentage of these patients according to their diagnosis index episode, mania was 65.7%; hypomania was 15.7%; hypomania and depressive episode was 18.5%. The number of entrants as a manic episode was approximately 3 times as depression disease beginners. Maximum rate of admission to clinic was in November and December (14.8% and 10.1%). The distribution of hospitalization rate was 21.2% in winter, 25.9 and 24% in spring and summer, 28.7% in autumn. The mean length of hospitalization was 22.4 ± 16.0 days and patients were hospitalized 2.75 ± 2.34 times during their diseases. Patients had manic episodes average of 3.1 ± 4.4 times and depresif episodes average of 1.4 ± 2.5 times during their diseases .
Conclusions: There is no consensus regarding the types of seizures in first episode bipolar disorder. The first period of mania or depression is likely close to each other. In our study, the most prominent was mania with 65.7%. Major depressive periods usually begin in winter and autumn and improves in summer.

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