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Disability among patients with bipolar disorder

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Background: Bipolar disorder is one of the most common psychiatric diagnoses worldwide, starting at the productive age and lasting long journey with chronic devastating disability. A literature gap was noticed regarding information about Sudanese patients' outcome.

Objectives: The aim of this study was to estimate the overall level of disability caused by the disorder among Sudanese patients and to identify the burden on the specific domains of the psychosocial life and study some associated factors that may have a certain relation to the outcome.

Methodology: A cross-sectional assessment of 201 attendees at Taha Baasher's and Eltigani Elmahi Psychiatric Hospitals was carried out in November 2015. Based on the International Classification of Diseases-10 and the Diagnostic Statistical Manual–IV, patients who were diagnosed with bipolar disorder signed a written consent for participation. Psychiatry treating teams identified the patients' diagnoses, their clinical status (on episode, partial or full remission) and the full duration of the disorder. The World Health Organization Disability Assessment Schedule (WHODAS 2.0.) 36-item interviewer-administered questionnaire which has a part for background information assessment besides the six domains studying was applied by well-trained psychologists.

Results: The obtained demographic information revealed that females were predominant in the study (55.7%) with mean age and standard deviation (SD) 36.8 (12.1), while the mean age and SD for the males was 34.9 (14.1). Most of the patients were single (46.4%), one-third of them either never went to school or they spent upto four years in study. The majority were homemakers (housewives) (31.5%). WHODAS 2.0. mean score and the standard deviation was 24.4 (18.0) for patients without work and 25.6 (17.7) for those with work. The mean and standard deviation for the six domains were as follow: cognition 26.0 (24.8), mobility 22.7 (23.7), self-care 15.6 (21.0), getting along 21.0 (24.6), patient's activities (contains two sub-domains: household activities 25.8 (29.2), work or school activities 21.7 (23.7)) and participation 29.3 (21.6). There were significant statistical associations between patient's sex, work, marital status, chronicity and the specific functioning domains.

Conclusions: Sudanese with bipolar disorder were found to have a significant level of disability. Participation and cognition were the most affected domains. Several associated factors need to be longitudinally studied.

Biography

Mohamed Abdalhameed Alnor is a Psychiatrist, and Molecular Medicine Physician, trained and working in Sudan. He is Head of the Department of Psychiatry at Sudan International University, and Assistant Professor (fellow) at the University of Khartoum. He is concerned by disability due to psychiatric disorders, mainly Schizophrenia, Bipolar disorder, and Alzheimer's disease and he is interested in their molecular bases, as a model for primary, secondary and tertiary prevention. He is a Member of the Sudanese Neuro-Genetic Society, and he recently join the International Society of Psychiatry Genetic.

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