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Poster presentation

European mania in bipolar longitudinal evaluation of medication study (EMBLEM): functional outcomes during the acute phase for the Greek population

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Background

Bipolar disorder is a relatively common, long term and disabling psychiatric illness that is associated with high levels of functional impairment, morbidity, mortality and an increased risk of suicide [1]. The aim of the present study was to evaluate the functional status of Greek patients with acute mania in the context of bipolar disorder, after 12 weeks of pharmacological intervention.

Materials and methods

EMBLEM (European Mania in Bipolar Evaluation of Medication) is a 24 month prospective observational study for in- and outpatients with acute mania. The functional status of the Greek population was studied during the acute phase of the illness (first 12 weeks), as reported by changes in their relationship status, work, social activities and life satisfaction. Changes in alcohol, cannabis and other substance use are also reported.

Results

A total of 3684 patients were enrolled in 14 European countries and the Greek population consisted of 645 individuals (18%). At baseline, 18 % of the Greek population were inpatients compared to only 4% by week 12. Work impairment was mild or not present for 38% of the Greek population by week 12 compared to 27% at baseline. Satisfaction with life increased from baseline to the 12-week endpoint (52% of the Greek patients were satisfied or very satisfied compared to 32% on baseline). The percentage of alcohol, cannabis and other substance use decreased from baseline to week 12.

Conclusions

In this large naturalistic study, improvement of functional status was observed in the Greek population, especially with respect to the domains of work and life satisfaction.

Acknowledgements

References

1. Oswald P, Souery D, Kasper S, Lecrubier Y, Montgomery S, Wyckaert S, Zohar J, Mendlewicz J: **Current issues in bipolar disorder: A critical review.** *European Neuropsychopharmacology* 2007 in press.