

MEETING ABSTRACT

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# Cognitive profile in middle-aged and older bipolar patients

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## Background

Cognitive deficits are reported in euthymic and acute phases of bipolar disorder (BD) [1]. However, only few studies have previously evaluated the cognitive profile of middle-aged and older patients affected by BD [2,3]. The main purpose of our study was to analyze the cognitive profile of bipolar patients aged between 45 and 70 years.

## Materials and methods

36 patients with BD (DSM IV-TR) (25 with BD-I and 11 with BD-II) who complained a recent onset of cognitive deficits, were recruited from 2004 to 2009 at the Psychiatric Day-Hospital service of the University Medical School "Federico II". All patients underwent a comprehensive Neuropsychological assessment, focusing on short- and long-term mnesic and executive functions.

A control group was composed by 37 outpatients (45-70 years), followed by the Neuropsychological service for recent outbreaks of cognitive disorders. Exclusion criteria for the control group were psychiatric or neurodegenerative disease as well as cranial trauma.

## Results

No statistically significant differences were found between the study population and the control group with respect to the neuro-cognitive profile, even though patients affected by BD-I showed poorer performance in the executive functions, in the oral span and in the logical abstractive skills, when compared to the ones affected by BD-II and to the control-group patients.

## Conclusions

Greater focus should be put on cognitive aspects of BD: in particular, in our sample, patients affected by BD-I seem to have a more severe cognitive profile compared with BD-II patients. Further investigations, hopefully with larger samples, are desirable to confirm these findings.

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