



Bipolar Spectrum Disorders Prevalence and Impact Project

- A recent nationwide study uncovered new data regarding prevalence of bipolar disorder using MDQ as screening tool
 - Prevalence appears to be 3.7% and is highest in the 18-24 age range (compared with previously accepted 1%)
 - Only 1 in 5 with bipolar disorder are correctly diagnosed
 - Those who are correctly diagnosed are likely to be more impaired, female, and poorer
 - 1 in 3 are misdiagnosed as having unipolar major depression, perhaps due to the prevalence of the depressive phase of the illness
- MDQ is available at: www.dbsalliance.org/questionnaire/screening_intro.asp

Hirschfeld RMA, et al. *Am J Psychiatry*. 2003; 260: 178-180.

Bipolar Disorder: Summary of Efficacy Evidence from RCTs

Drug	Mania Monotherapy	Mania Combination Therapy	Depression	Maintenance
Lithium	++	++	+	++
Divalproex	++	++	+/-	+
Carbamazepine	++	ND	+/-	+/-
Lamotrigine	-	ND	+	++
Olanzapine	++	+	++	++
Risperidone	++	+	+/-	ND
Quetiapine	++	++	+	ND
Ziprasidone	++	ND	ND	ND
Aripiprazole	++	ND	ND	+

+ = number of adequately powered, randomized, controlled trials;

+/- = number of equivocal, randomized, controlled trials