

QUALITY OF LIFE IN BIPOLAR AFFECTIVE DISORDER AND RECURRENT DEPRESSIVE DISORDER IN A ROMANIAN SAMPLE

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Introduction: Quality of life is negatively influenced in various degrees in both bipolar and recurrent depressive disorder, predominantly in the acute episode but also during remission.

Aims and objectives: To compare the degree of negative influence of the two nosological entities on quality of life of patients during remission.

Methods: 78 outpatients diagnosed with recurrent depressive disorder, 67 outpatients diagnosed with bipolar affective disorder, according to ICD-10 diagnostic criteria and 73 healthy subjects were selected for this study. The assessment of the subjects took place during remission (euthymia), between June 2009 and June 2012. As work-instruments we used the SF-36 Scale for assessing quality of life and the HAM-D Scale (Hamilton Depression Rating Scale) and YMRS Scale (Young Mania Rating Scale) to confirm remission.

Results: The bipolar group scored lower regarding quality of life than the recurrent depressive group. Both affective disorder groups showed significantly lower quality of life scores when compared to the healthy control group.

Conclusions: Bipolar affective disorder and recurrent depressive disorder have a significant negative impact on quality of life even during remission. Bipolar patients may have a lower quality of life than recurrent depressive patients. To improve quality of life, patients need social and familial support.