

Prevalence and Its Correlates of Restless Legs Syndrome in Outpatients with Bipolar Disorders

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Objective: This study was to assess the prevalence and its correlates of restless legs syndrome (RLS) in outpatients with bipolar disorder.

Method: A total of 100 clinical stabilized bipolar outpatients were examined. The presence of RLS and its severity were assessed using the International Restless Legs Syndrome Study Group (IRLSSG) diagnostic criteria. Beck's Depression Inventory (BDI), Spielberg's State Anxiety Inventory (STAI-X-1), Pittsburgh Sleep Quality Index (PSQI), Korean version Drug Attitude Inventory (KDAI-10), Subjective Well-Being under Neuroleptic Treatment Scale-Short Form (SWN-K) and Barnes Akathisia Rating Scale (BARS) were used to evaluate the depressive symptomatology, level of anxiety, subjective quality of sleep, subjective feeling of well-being, drug attitude, presence of akathisia, respectively.

Results: Of the 100 bipolar outpatients, 7 (7%) were met to full criteria of IRLSSG and 36 (36%) have at least one of the 4 IRLSSG criterion. Because of relatively small sample size, non-parametric analysis were done to compare the characteristics among 3 groups (full-RLS, 1≥positive RLS-symptom and Non-RLS). There were no significant differences in sex, age, and other sociodemographic and clinical data among 3 groups. BDI, STAI-X-1 and PSQI are tended to be impaired in RLS and 1≥positive RLS-symptom groups.

Conclusion: This is the first preliminary study for studying the prevalence and its correlates of RLS in bipolar disorder. The results shows that RLS was relatively smaller present in bipolar disorder than schizophrenia. Same tendencies shown in schizophrenic patients were found that bipolar patients with RLS had more depressive symptoms, state anxiety and poor subjective sleep quality.