

## National Differences in the Prevalence of Depressive Symptoms in Mania: a Naturalistic Study Using the Dsm-5 'with Mixed Features' Specifier M.I.N.I. Module

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### Introduction

In bipolar I disorder (BD1), manic episodes with depressive symptoms are generally more severe than pure manic episodes, but are not easily identified. The DSM-5 'With Mixed Features' specifier, and accompanying patient-rated Mini-International Neuropsychiatric Interview (M.I.N.I.) module, were designed to aid diagnosis.

### Objectives

To examine patients with BD1 who have mania with depressive symptoms, across countries.

### Aims

To improve the identification of depressive symptoms during a BD1 manic episode.

### Methods

This naturalistic study surveyed psychiatrists and their patients with BD1 (manic episode within previous 3 months), in Germany, Italy, Spain, UK, Turkey, Australia, Brazil and Canada. Psychiatrists provided information on depressive symptoms (DSM-5 'With Mixed Features' specifier plus patient-rated M.I.N.I. module); anxiety, irritability, and agitation; suicide attempts; and treatment response.

### Results

Of 1,035 bipolar patients, 34% had mania 'With Mixed Features' ( $\geq 3$  depressive symptoms), and displayed more severe symptoms, and higher rates of attempted suicide than patients without mixed features. Across countries, severe anxiety occurred in 3.5–19.5% of patients; severe irritability in 4.3–17.0%; and severe agitation in 4.3–19.6%. The proportion of patients experiencing 'prominent dysphoria or depressed mood' was highest in Italy (64.2%). Recurrent suicidal ideation ranged from 8.0% (Germany) to 25.7% (Spain); lifetime rate of attempted suicide was highest in Canada (64.7%). Between-country differences were also reflected in the M.I.N.I. module outcomes.

### Conclusion

Patients with BD1 'With Mixed Features', suffer from a greater burden of disease than patients with pure mania, and there is variation between countries – as detected by physician and patient evaluations.