

Poster presentation

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Psychosocial support in treatment of BMD I

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Background

Bipolar mood disorder treatment is a major problem in psychiatry. BMD I prevalence is 4.0 to 1.6 percent. Pharmacotherapy is the first choice in treatment but many times has not a satisfactory result. Nowadays psychosocial interventions has major role in psychiatric treatments. In this paper we explained effect of psychosocial support from community mental health system in treatment of BMD I.

Materials and methods

This is a clinical trial study. All of group was 42 patients (20 male and 22 female). They diagnosed manic or depressive phase of BMD I based on DSM IV criteria and followed after stabilized and full remission period with standard plane of pharmacotherapy. All of cases were followed for six months. For case group psychosocial support (from Community Psychiatry System Clinic include psychotherapy economic and legal support and rehabilitation and crises intervention) with pharmacotherapy and for control group only pharmacotherapy. All of data was analyzed with SPSS.

Results

The recurrence rate in case group was 19 percent and for control group was 38 percent. 2 (X: $p = 0.05$)

Discussion

Psychosocial support has positive effect in management of BMD I and it is better pharmacotherapy started with psychosocial support in BMD I patients.

References

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