Among patients with bipolar depression who are treated, the majority received either monotherapy or a single drug class in the first line. However, almost half of patients do not receive any pharmacological treatment. This highlights the need for additional research.

Prevalence and Treatment Patterns in Patients with Bipolar Depression.

Background: Bipolar disorder (BD) is a lifelong and debilitating psychiatric disorder, estimated to affect 1-4% of the U.S. population. BD ranks among the leading causes of disability worldwide due, in part, to the associated high rates of comorbidity, functional impairment, and mortality. Patients with BD experience high rates of recurrence, even when they are receiving treatment. Longitudinal studies have shown that depression represents the predominant mood state in BD. The treatment of bipolar depression remains a major challenge in BD. Few treatments have been shown to be consistently effective in treating or preventing mood episodes. This study aims to characterise treatment patterns in patients with bipolar depression to better understand the treatment landscape and to describe patients' comorbidity burden.

Methods

Result 1: Cohort Characterisation: Demographic information including common comorbidities at baseline, and the most frequent drug classes prescribed to patients with bipolar depression.

ATLAS was used to characterise and analyse the cohort in the MarketScan® database. After the cohort characterisation (Results 1), the most frequent classes of neuropsychiatric drugs were identified to observe treatment pathways (Results 2).

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