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CLINICAL CHARACTERISTICS OF PEDIATRIC PATIENTS WITH BIPOLAR DISORDERS IN CHINA

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Objective: To explore the clinical characteristics, assessment, biological and psychosocial correlates, and treatment of pediatric bipolar disorder (BD) in China.

Method: All the studies published during the past 20 years on pediatric bipolar disorder in China were reviewed.

Results: There is a lack of a unified diagnosis system in China. A series of genetic researches showed the family aggregation and genetic predisposition of BD. There are consistent findings on the core symptoms of the disorder. BD has the characteristic of comorbidity with other disorders such as ADHD and OCD. Mood stabilizers and combined use of antipsychotics and TCA are still the main choice of psychiatrists to treat the pediatric patients with BD. The effectiveness of specific psychotherapy does need further studies.

Conclusion: A unified diagnosis system and criteria of BD for different age groups is crucial for further work. Combination of various treatments, such as mood stabilizers, AC, TCA and traditional Chinese medicine is effective for these patients. More studies, especially randomized controlled trials should be conducted to explore the etiology, pharmacotherapy and psychotherapy of this disease.