

## EPV0037

**To what extent do sexual hormones influence bipolar disorder?**

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**Introduction:** It is known that female reproductive events and hormonal treatments can impact the course of bipolar disorder (BD) in women, some of whom are more vulnerable to the development of mood instability under periods of hormonal fluctuation. The mechanisms involved are, however, largely unknown. The aim of this work is to review the impact of sexual hormones on the course of BD, regarding a clinical case.

**Objectives:** To explore the role of sexual hormones in BD.

**Methods:** Literature review using Medline database.

**Results:** This is a case of a 36-year-old woman with type 1 BD who develops a manic episode after starting oral contraception (OC). This episode remitted with suspension of the pill. Estrogen and progesterone are involved in various aspects of brain function, such as brain development, synaptic plasticity, and modulation of neurotransmitter systems. Studies indicate that there is a relationship between ovarian hormones and intracellular signaling systems involved in the pathophysiology of BD. However, research on OC use in patients with mood disorders is limited. Recent studies state that OC aren't associated with a worse clinical course and don't negatively influence BD, while other studies show there is a subgroup of bipolar women that improve with hormonal stability, while others get worse.

**Conclusions:** Further studies are needed to determine possible relationships between sexual hormones and BD, and it is essential to identify patients vulnerable to these risks by measuring baseline hormone levels, assessing hormone sensitivity through a history of mood changes during menstrual cycle and a history of previous mental health problems.

**Disclosure:** No significant relationships.

**Keywords:** sexual hormones; oral contraception; mood instability; bipolar disorder

## EPV0036

**Hyperthymic traits, major depression and bipolar spectrum, review and case report**

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**Introduction:** Akiskal proposed the bipolar spectrum concept with the aim of including those patients with atypical depressive presenta-

tions and mood temperaments. Also Koukopoulos accepted this proposal in those patients with poor response to antidepressants or highly recurrent course. Concretely bipolar disorder type IV was defined as clinical depression based on a lifelong hyperthymic temperament. Some years after DSM-III several experts in bipolar disorder continued in this work line even though DSM-IV and most recent DSM-V not considered to include this concept as a new diagnostic category.

**Objectives:** To present a theoretical and practical review about bipolar spectrum and its relationship with hyperthymic traits.

**Methods:** We carry out a literature review about bipolar spectrum, accompanied by the clinical description of one patient with major depressive disorder and hyperthymic traits base.

**Results:** 45 years old female referred to our outpatient mental health service after episode of voluntary drug overdose. She presented long evolution depressive symptoms (sadness, apathy, anhedonia, anergy, irritability, anxiety, emotional lability, early awakening, social withdrawal, self-care neglect, hopelessness, cognitive failures, guilt feelings and death ideas) with onset in postpartum. She reported a previous depressive episode 9 years ago with good response to fluoxetine. Hyperthymic traits were described but no history of manic symptoms. An erratic evolution was observed with various antidepressant treatment and finally improved adding mood stabilizer.

**Conclusions:** We must propose to consider the diagnosis of bipolar spectrum in order to treat effectively patients with major depression disorder and hyperthymic temperament in absence of manic symptoms.

**Disclosure:** No significant relationships.

**Keywords:** bipolar disorder; bipolar spectrum; hyperthymic temperament; Major Depression

## EPV0037

**Relationship between metabolic syndrome and functioning in patients with bipolar disorder type 1**

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**Introduction:** The available literature indicates a possible association between metabolic syndrome (MS) which is highly prevalent among patients with bipolar disorder (BD), and functioning.

**Objectives:** We sought to compare differences in functional areas of patients with Bipolar Disorder Type 1 (BPD-1) with and without MS in euthymic period.

**Methods:** This study included 69 euthymic BPD-1 patients without MS and 46 age- and sex-matched BPD-1 patients with MS. All participants completed a sociodemographic form; took the Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI), Young Mania Rating Scale score, and Bipolar Disorder Functioning Questionnaire. MS was diagnosed according to the International Diabetes Federation (IDF) criteria.

**Results:** All of the functioning areas were significantly lower in the BPD-1 with MS group than in the without MS group ( $p < 0.05$ ).