

Evaluation of quality of life and risk factors for recurrence in discharged female BMD patients for three months after discharge

Abstract

Background: Frequent relapses in bipolar disorder patients can lead to disability, cost burden, and loss of efficiency, and therefore awareness of relapse risk factors can help patients and their families to prevent relapse and its harmful effects.

Aim: To evaluate the quality of life and risk factors for recurrence in discharged female BMD patients for three months after discharge.

Materials and methods: Sixty female patients diagnosed with bipolar disorder who were discharged from the psychiatric department of Fatemi Hospital in 2022 participated in this descriptive and analytical study. Demographic information was obtained from the patients at the time of discharge using a checklist. Follow-up was done in three periods of one month, two months and three months after discharge. At each follow-up, the patients completed the Hamilton Depression Rating Scale (HDRS), Young Mania Rating Scale (YMRS), 36-question (SF-36) quality of life survey, Pittsburgh Sleep Quality Index (PSQI), Morisky medication compliance questionnaire, and family functioning questionnaire.

Results: The results showed that 41 patients (68.3%) had relapses during the follow-up period. There was a significant relationship between age, sleep quality, family functioning, and adherence to treatment in patients with relapse of bipolar disorder ($P < 0.05$). The recurrence of the disorder was also significantly related to low quality of life ($P < 0.05$).

Conclusion: It can be said that the recurrence of bipolar disorder is significantly higher in women, especially those over 40 years old, with poor family functioning, low medication adherence, and low sleep quality. Also, patients who had experienced a relapse faced a significant decrease in quality of life.

Keywords: Bipolar disorder, quality of life, risk factor, relapse.