

THE COMPARISON OF EFFECT OF VALPROATE VS LITHIUM IN THE TREATMENT OF PATIENTS WITH BIPOLAR DISORDER AND MIGRAINE

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Aims: To compare the efficacy of Valproate (Vp) vs Lithium (Li) in the treatment of patients with bipolar disorders (types I and II) and migraine.

Background: Bipolar illness and migraine are not uncommon diseases. Migraine has rates from 10 to 30% in all bipolar patients (types I and II). Migraine and bipolar disorder share many characteristics, including an episodic course, vulnerability to stress, and family history of both migraine and bipolar disorder. Patients with both diseases use health care system extensively, so the recognition and treatment of comorbid conditions improves the prognosis for patients with both disorders.

Method: we included in the study 64 patients (41 female and 23 men), over 18 old age with at least two episodes of bipolar I and II disorder (diagnosed by DSM-IV-TR). All patients suffering from migraine. They are presented in Psychiatric Service - UHC "Mother Teresa". This is a longitudinal, comparison and randomized clinical trial, two parallel-groups with open label pre-randomized phase. Primary outcome measure was time to relaps/recurrence to any mood episodes and Survival analyses were performed.

Results: Hazard Ratio in Li's group was higher than Vp's group ($B = 0.186$, $p = 0.434$). Mean Time: $t(Vp) > t(Li) = 10 \pm 6\%$; Median Time: $t_m(Vp) > t_m(Li) = 14 \pm 13\%$. In classic bipolar I disorder Li was superior vs Vp, but in bipolar II disorder Vp was superior vs Li ($p=0.0309$). Bipolar I disorder (mixt subtypes) Vp vs Li was superior ($p= 0.011$; Log-Rank).

Declaration of interes: None

Conclusions: Valproate is more effective than lithium in the treatment of bipolar II disorder and in reducing the frequency and intensity of migraine attacks symptoms.