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THE COMPARISON BETWEEN MANIC AND MIXED EPISODES

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This study was designed for comparing between manic and mixed episodes and the relationship between these episodes and special scores were evaluated.

This analytical - observational study was performed in Kerman Beheshti hospital / Kerman / Iran : one hundred and eighty six bipolar inpatients with diagnosis of manic and mixed episodes were included in study . They were assessed with the Young mania and Beck Depression Inventory.

Frequency of pure mania was 22.6% . The mean of age of onset was lower in mixed type ($P = 0.02$) . Young score was higher in pure mania ($p = 0.026$) .

Spearman's correlation coefficient show strong relationship between duration of hospitalization and young score ($p=0.0001$).

There is significant relationship between Beck score and family history of bipolar disorder ($p < 0.05$) . and there was significant relationship between Beck score and patient's insight overlay, comorbidity of personality disorder was 26.3 was similar in both groups. There were significant relationships between age of onset of illness and positive familial history of bipolar disorder and major depressive disorder, and between suicidal attempt and panic disorder and social phobia, however rapid cycling was higher in mixed patients significantly ($p = 0.009$).

As far as we know This is the first study regarding relationship between bipolar subtypes and severity of mood disorders in Iran . This study is a part of a larger study including several provinces in Iran. We believed the prevalence of mixed state is not well known and in many cases it could be underdiagnosed.