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## QUALITY OF LIFE IN BIPOLAR DISORDERS COMPARED TO SCHIZOPHRENIA

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**Introduction:** The classic opinion of a favorable prognosis of bipolar disorders, compared to schizophrenia, is refuted by modern conceptions.

**Objectives:** The aim of this study was to assess the quality of life (QOL) in bipolar patients compared to schizophrenic patients', and to identify clinical and sociodemographic variables statistically associated to a poor QOL in bipolar disorder patients.

**Methods:** One hundred and twenty outpatients, 50 with bipolar disorder and 70 with schizophrenia, according to DSM-IV-TR criteria, were included in the study. The QOL has been assessed, in all patients, using the «36 item Short-Form Health Survey» (SF-36).

**Results:** Thirty-six percent of the bipolar patients had a poor QOL, versus 37% among the schizophrenic patients. The bipolar patients had the score of the standardized vitality subscale significantly lower than schizophrenic patients' ( $p = 0.036$ ); the latter had the standardized general health subscale score significantly lower ( $p = 0.03$ ). There were no other statistically significant differences. The multivariate analyses showed three variables significantly correlated to a poor QOL in bipolar patients: age at the time of the study  $\geq 40$  years ( $p = 0.01$ ), professional irregularity or inactivity ( $p = 0.005$ ), age at onset  $\geq 25$  years ( $p = 0.004$ ).

**Conclusion:** Our survey of the QOL in bipolar patients showed that it did not differ globally from the schizophrenic patients', with the SF-36 scale. Results reported in the literature are not in agreement. Further longitudinal studies on several months, with other assessments, would permit to verify the validity of our results.