



# The Impact of Family Psychiatric History on Bipolar Disorder Severity and Treatment Response



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## Introduction

- Family history of BD is correlated with a more severe course of illness.
- Few studies have analyzed family history of any psychiatric disorder on severity of BD.
- Few studies have analyzed the impact of family psychiatric history on treatment response.

## Methods

- Secondary analysis of CHOICE and LiTMUS medication trials (N = 757).
- Bipolar I or II and CGI-BP >3 (59% female; 74% white; mean age = 39)
- Self-report of six severe psychiatric disorders among first-degree relatives.
- Clinical Global Impression Bipolar clinical rating scale (CGI-BP) was used to measure symptom severity.

## Results

- Patients with familial psychiatric history tended to require more medications ( $p=0.054$ ) but responded similarly (all  $p>0.1$ ) to treatment.
- Better response on the mania subscale among individuals with familial psychiatric history ( $\beta=-0.032$ ; 95%CI=-0.036; -0.028) compared to without ( $\beta=-0.020$ ; 95%CI=-0.030; -0.011) ( $p=0.022$  for interaction). This correlation was found for all specific familial psychiatric disorders (all  $p<0.05$ ) except for suicide ( $p=0.17$ ).

## Discussion

- Familial psychiatric history correlated with disease severity in this population.
- Patients in these medication trials with a greater familial psychiatric history required more medication, but achieved similar treatment responses.

Bipolar patients with a greater family history of psychiatric disorders had a more severe illness, but responded similarly to treatment.

**Table 1.** Correlation between familial psychiatric history with clinical patient characteristics.

	0	1	2	3	4+	p-value
	<b>Clinical severity markers, mean <math>\pm</math>SD</b>					
Age at first depressive episode	18.1 $\pm$ 9.5	17.1 $\pm$ 7.2	16.6 $\pm$ 6.7	17.3 $\pm$ 6.9	16.3 $\pm$ 7.7	0.11
Age at first manic episode	20.5 $\pm$ 10.5	20.2 $\pm$ 9.1	19.6 $\pm$ 8.5	19.4 $\pm$ 7.8	19.3 $\pm$ 8.3	0.61
Lifetime depressive episodes	35.3 $\pm$ 35.5	33.1 $\pm$ 43.3	32.8 $\pm$ 35.3	32.6 $\pm$ 40.0	41.9 $\pm$ 41.3	0.06
Lifetime manic episodes	30.5 $\pm$ 38.1	35.7 $\pm$ 65.4	30.8 $\pm$ 38.8	37.4 $\pm$ 44.3	39.4 $\pm$ 39.5	0.01
Previous psychiatric hospitalizations	1.4 $\pm$ 3.6	1.4 $\pm$ 2.6	1.4 $\pm$ 2.7	2.2 $\pm$ 6.6	1.8 $\pm$ 4.2	0.01
Previous suicide attempts	0.8 $\pm$ 2.3	0.7 $\pm$ 1.4	0.9 $\pm$ 1.8	0.9 $\pm$ 1.8	1.5 $\pm$ 4.0	<0.001
Total necessary clinical adjustments	7.3 $\pm$ 5.4	7.3 $\pm$ 5.3	8.6 $\pm$ 6.6	8.3 $\pm$ 6.1	7.8 $\pm$ 5.5	0.30
Psychotropic medications at each visit	1.8 $\pm$ 0.7	1.8 $\pm$ 0.7	2.0 $\pm$ 0.9	2.1 $\pm$ 0.9	2.1 $\pm$ 0.9	0.054

**Mean CGI Score: Combined Treatment Groups**

