

FUNCTIONAL REMEDIATION IN BIPOLAR II PATIENTS: IMPROVEMENT OF FUNCTIONING AND SUBSYNDROMAL SYMPTOMS

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Functional Remediation¹¹

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Introduction: Recently, Functional Remediation (FR) has proven to be effective in improving the functional outcome of euthymic bipolar patients.

Objective: Our objective was to test the efficacy of FR programme in a subsample of euthymic bipolar II patients (BPII).

Aims: The main aim was improve the functional outcome in these patients.

Method: Post-hoc analyses were undertaken using data of 53 DSM-IV diagnosed BPII outpatients who had participated in a multicentre, rater blind, randomized, controlled trial (RCT) exploring the efficacy of FR (n=17) as compared with a Psychoeducation (PSY) (n=19) and a control (n=17) groups which only treatment as usual (TAU). The primary outcome variable was a functional improvement measured as the mean change in the Functioning Assessment Short Test (FAST) from baseline to endpoint after intervention.

Results: Data revealed a significant functional improvement from baseline to endpoint (Pillai's Trace =0.164; F =3.619; p =0.037), suggestive for an interaction between program pertinence and time (pre-post). Nevertheless, Tukey's post-hoc test only revealed a trend in favour of a better outcome for FR when compared to the TAU (p =0.058) and to the PSY group (p =0.062). We also found an interaction between program pertinence and time when analysing the subdepressive symptoms (Pillai's Trace =0.157; F =3.635; p =0.036), so that patients in FR showed a significant reduction in subdepressive symptomatology when compared to the PSY group (p= 0.041).

Conclusions: The FR program appears to be effective in improving the overall functional outcome in BPII patients, as well as in reducing subdepressive symptoms.