

## AFFECTIVE TEMPERAMENTS AMONG PATIENTS WITH FAMILIAL BIPOLAR I DISORDER AND THEIR UNAFFECTED FIRST-DEGREE RELATIVES

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**Introduction:** Given the concept of bipolar spectrum which extends across the family, healthy relatives of bipolar patients, which are a population at high risk for developing mood disorders, may have temperamental deregulations.

**Objective:** To compare the mean scores of affective temperaments among patients with familial bipolar I disorder and their unaffected first-degree relatives.

**Methods:** This was a cross-sectional study, concerning 50 families of bipolar I disorder which have at least two patients with bipolar I disorder (DSM-IV-TR). We have included 80 clinically recovered patients with bipolar I disorder and 120 unaffected first-degree relatives. The affective temperaments were assessed by Tunisian version of TEMPS-A. Dominant affective temperament is the temperament with score was more than 2 SD of mean scores.

**Results:** Mean scores of cyclothymic and hyperthymic temperaments were higher in bipolar I patients than in their healthy relatives. The difference was significant for only hyperthymic temperament ( $p=0.038$ ) but it was not significant after adjustment for age, sex and school level. The rate of dominant affective temperament was not differed between bipolar I patients (26.3%) and their healthy relatives (20%). Investigating the role of family, we showed a significant association with depressive ( $p < 10^{-3}$ ), cyclothymic ( $p=10^{-3}$ ), irritable ( $p=0.023$ ) and anxious ( $p=0.003$ ) temperaments.

**Conclusions:** Our findings suggest that patient with family bipolar I disorder and their unaffected first-degree relatives had a temperamental deregulation which confirms the concept that affective temperaments are a potential phenotype of bipolar condition.