

P01-192

## CHANGE IN MOOD INSTABILITY (MI) WITH TIME AND TREATMENT

R. Bowen<sup>1</sup>, Y. Mahmood<sup>2</sup>, A. Milani<sup>3</sup>, M. Baetz<sup>1</sup>

<sup>1</sup>Department of Psychiatry, University of Saskatchewan, Saskatoon, <sup>2</sup>Prairie North Health Region, North Battleford, SK, <sup>3</sup>Calgary Health Region, Calgary, AB, Canada

**Introduction:** The literature indicates that most patients with Major Depression mention sudden short “mood swings” (MI) when asked. MI is known to be distressing but little is known about the treatment.

**Objectives:** To determine whether MI changes with community treatment of depression.

**Aim:** To study changes in MI with 3-6 months of treatment for depression in patients with Major Depression and complaints of MI.

**Methods:** 34 patients with Major Depression and complaints of “mood swings” were recruited from 4 psychiatric practices. They were interviewed with the MINI diagnostic interview and the Mood Disorders Questionnaire. They completed the Beck Depression Inventory (BDI), the State-Trait Anxiety Inventory Trait Form (STAI-T), and Visual Analogue Scales for Depressed Mood (VAS) and Anxious Mood twice a day for a week. The Mean Square Successive Difference Statistic (MSSD) was calculated from the VAS readings. The BDI, STAI-T, and VAS were repeated after 6 months of treatment.

**Results:** 25/34 patients reported past hypomania. Most patients were treated with a combination of antidepressants and mood stabilizers. The BDI and STAI-T scores improved with treatment. There was no overall change in depressed and anxious MI. Change in Depressed MI and Anxiety MI correlates with change in BDI from T1 to T2

**Conclusions:** Anxiety and depression improved with treatment as expected. Change in MI is inconsistent. Research into medications and psychosocial treatments that improve MI is needed and this will probably improve depression treatment outcome.