

IGSN - SYMPOSIUM

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Translational approaches to understanding Bipolar Disorder

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The Bochum early bipolar recognition approach: Successful screening of large student cohorts

Bipolar disorders is a dreadful disease in the young age with tremendous psychosocial and neurobiological consequences in the long-run for the patients. Therefore early recognition and intervention is urgently needed. In several retrospective studies, we have identified a list of high-risk symptoms for the bipolar prodrome and have established the Bochum Screening scale Bipolar (BSB). In order to obtain prospective data, we have assessed the occurrence and frequency of bipolar prodromal symptoms in a large German sample of healthy students using BSB. Around 2500 students of the Ruhr-University Bochum, Germany completed online demographic data as well as various self-rating questionnaires (BSB; Hypomania Checklist 32; Altmann Self-Rating Mania Scale; Beck Depression Inventory). Within the student cohort every fifth student currently suffered from moderate to severe depression; every sixth student had already thought about suicide; almost every sixth student reported a history of mood swings; and almost a quarter of the students had relatives suffering from mental disorders. The BSB correlated significantly and positively with the already established applied questionnaires, indicating that it is an appropriate measure for depressive and (hypo)manic prodromal symptoms. Meanwhile, we are able to analyze longitudinal data over the last 2 years in this student cohort.

Host:

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Guests are welcome!

