

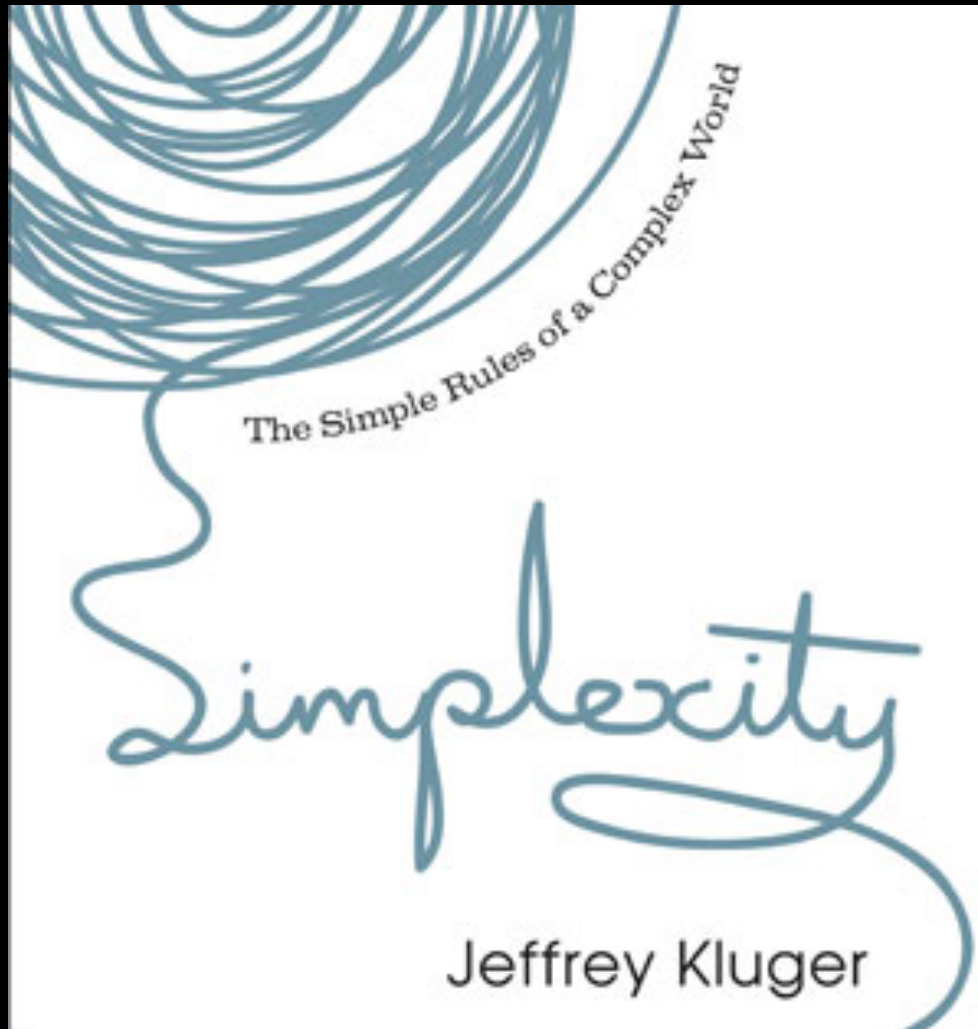


The Essential of Bipolarity Assessment

Elie-G. HANTOUCHE

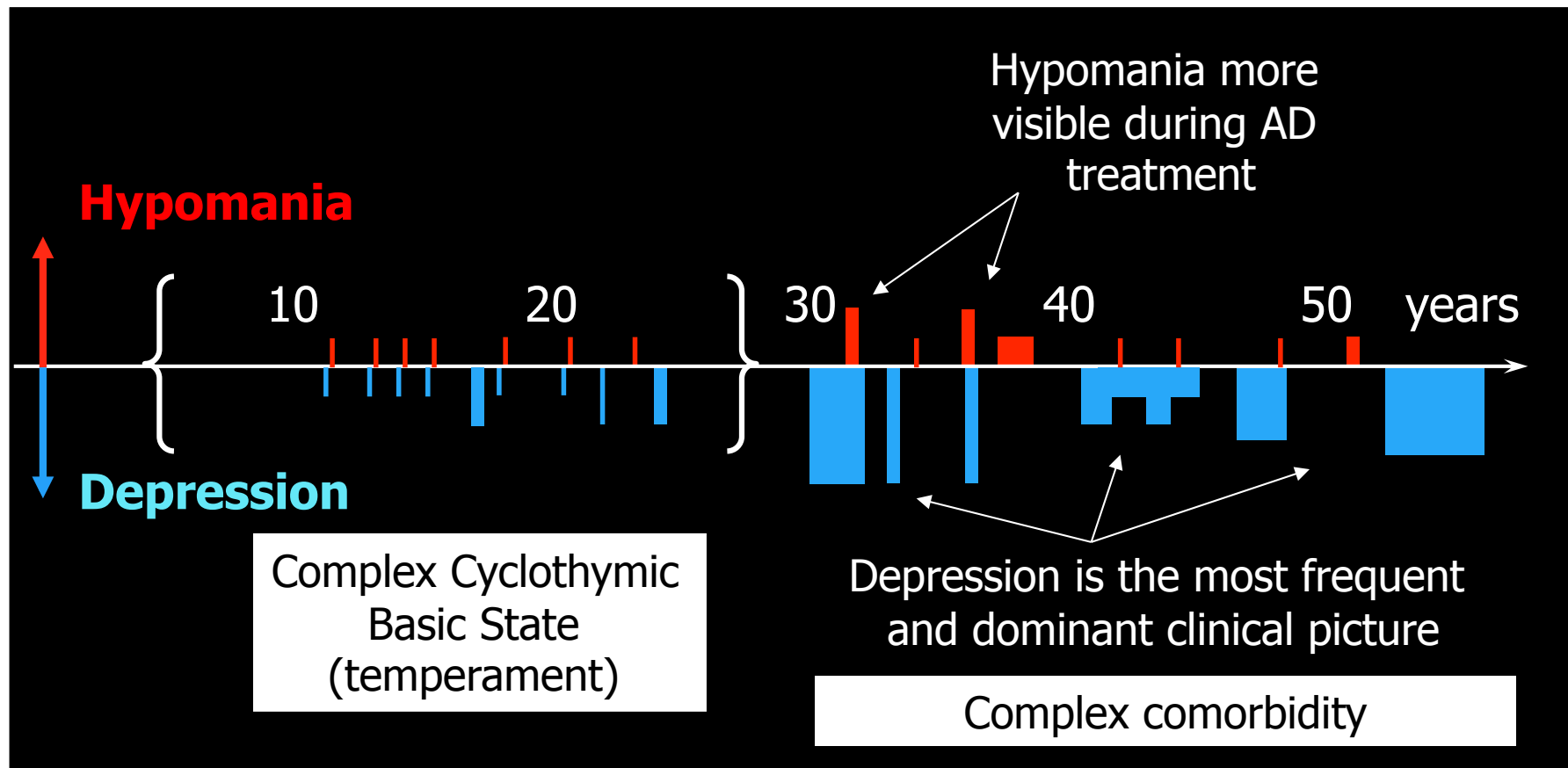
*“The Bipolar Spectrum from Somatic Illness
To Manic-Depressive Illness”*

Rome, January 20, 2012



Why simple things become complex and how complex things can become simple

BP-II spectrum: Depressive and Hypomanic Episodes Don't Tell the Complete Story



Bipolar Spectrum

- “Bipolar Spectrum” (Akiskal, 1977)
- “Manic-Depressive Illness & Recurrent Depressions” (Goodwin & Jamison, 2007)
- “Mood Spectrum” (Cassano & Frank, 2004)
- “Spectrum of Depressions potentially bipolar” (Ghaemi, 2002)
- “Double Bipolar Spectrum: Severity / Proportionality” (Angst, 2007)

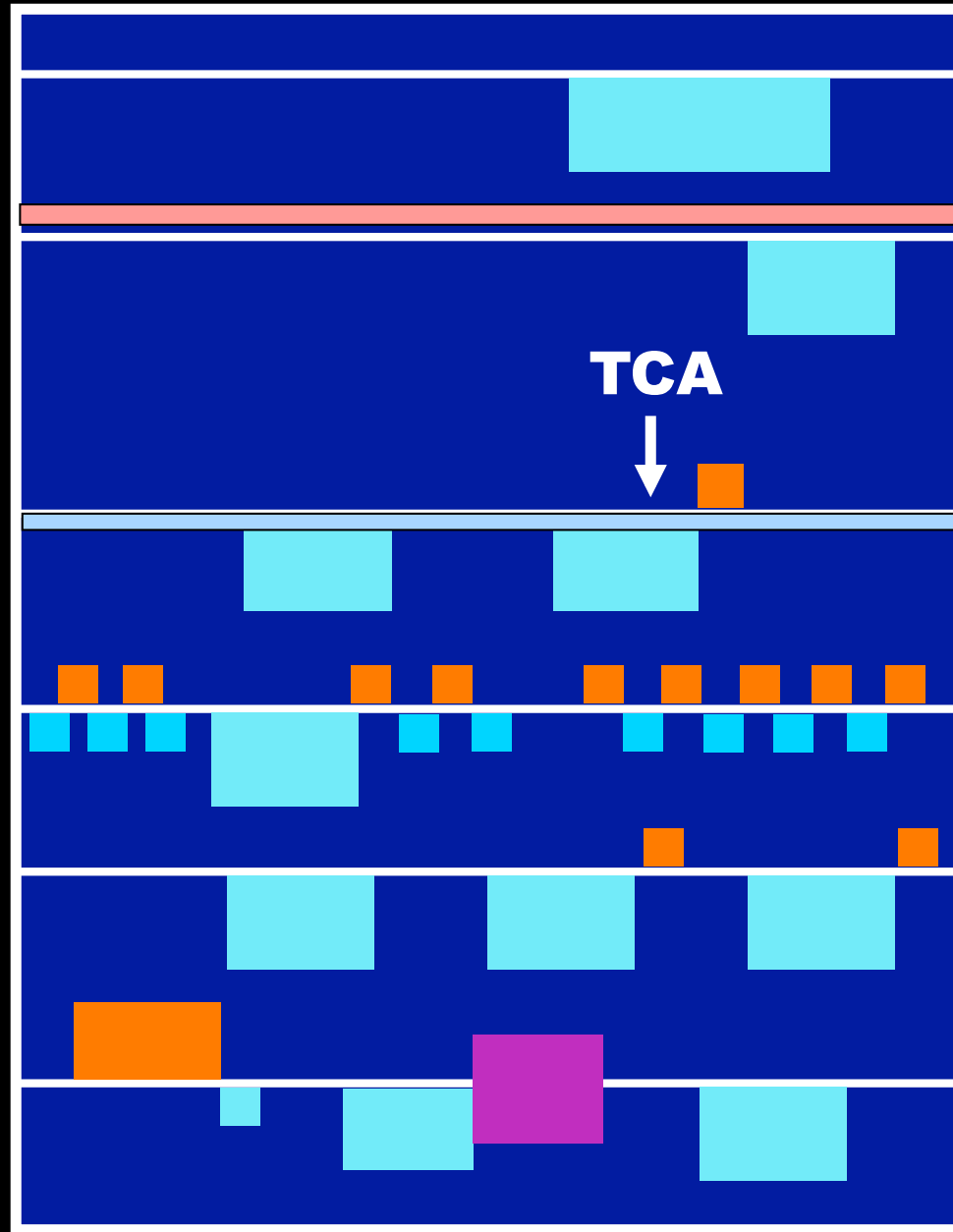
Unipolar



**"Soft"
Bipolar
Spectrum**



Bipolar



BP IV

BP III

BP II 1/2

BP II

BP I

Akiskal (APA Review, 1983); Akiskal-Pinto modification (PCNA, 1999)

DEPRESSION

Proportionality spectrum

MANIA

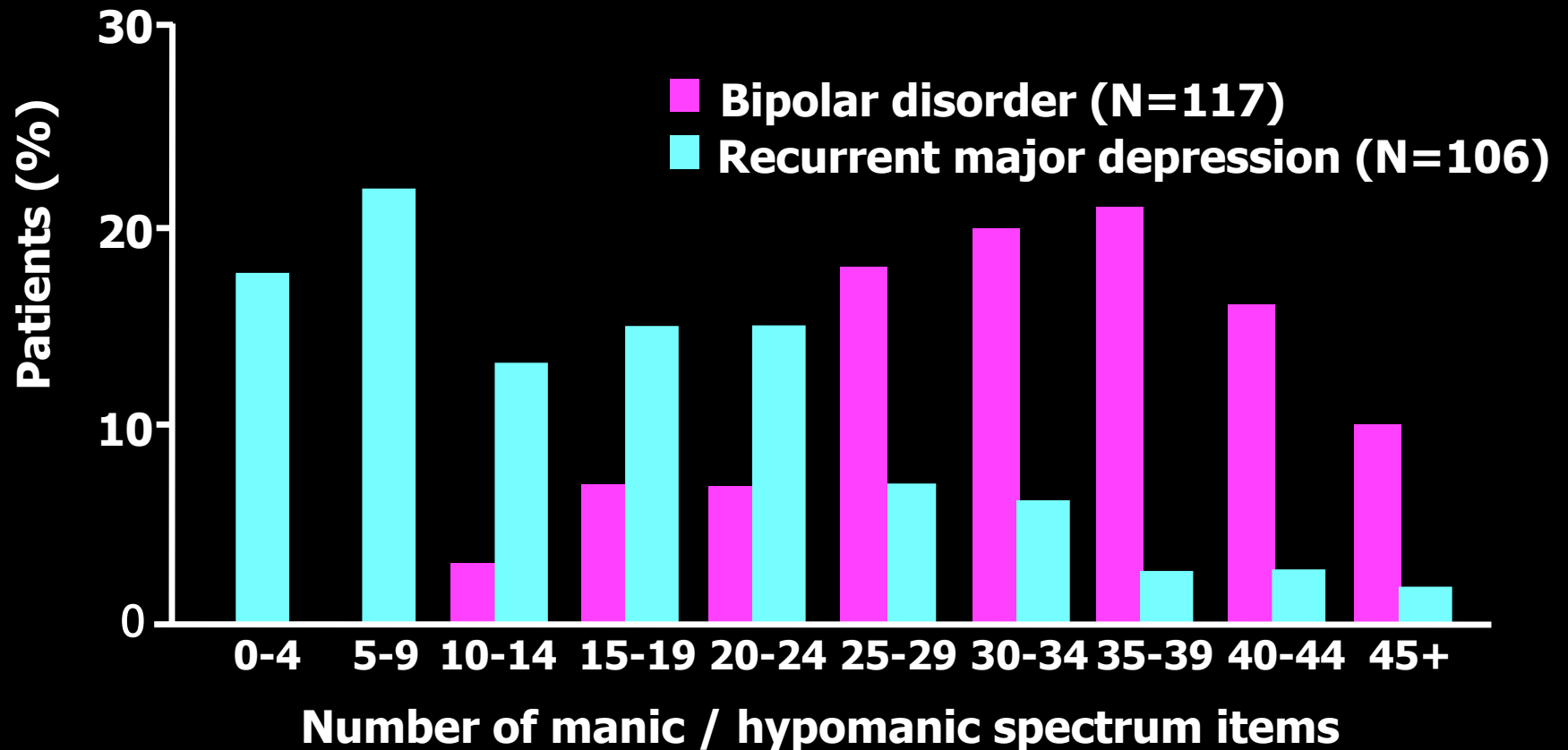
PSYCHOTIC

Severity spectrum

Schizo-affective disorders (mood incongruent)	Schizo-Depression		Schizo-bipolar		Schizo-Mania
Major mood disorders psychotic (mood congruent)	MDD D	BP-II Dm	BP-I MD	Md	Mania M
Major mood disorders non-psychotic	MDD D	BP-II Dm	BP-I MD	Md	Mania M
Minor mood disorders (subthreshold, phasic)	Dysthymia RBD Minor depression d		Minor BP Cyclothymic disorder md		Hypomania m
Personality disorder (persistent)	depressive		Borderline/ cycloid		hypomanic
Normal temperament	depressive		cyclothymic		hyperthymic
Normal (symptoms)	dsx		mdsx		msx
"Supernormal" (no symptoms)	-	-	-	-	-



Distribution of the number of lifetime MOODS-SR manic/hypomanic items



MOODS-SR = Mood Spectrum-Self Report questionnaire

Classification of Bipolar Disorder

By Ritti, 1880



- First degree: melancholic states with simple exaltation (**BP-II in DSM**)
- Second degree: melancholic states with frank acute mania + psychotic features (**BP-I in DSM**)

Before Ritti, similar classification in a medical thesis by Geoffroy, 1861

Hantouche, "BP Disorder, Obsessions & Compulsions",
Odile Jacob, Paris, 2006

Duration of Hypomanic Episodes and Family History of Hypomania

	<u>unipolar MDD</u>	<u>1 day</u>	<u>2-3 days</u>	<u>4-6 days</u>	<u>7+ days</u>
n	1988	285	626	409	1096
% with family history	4.6	11.0	16.7	21.4	24.5

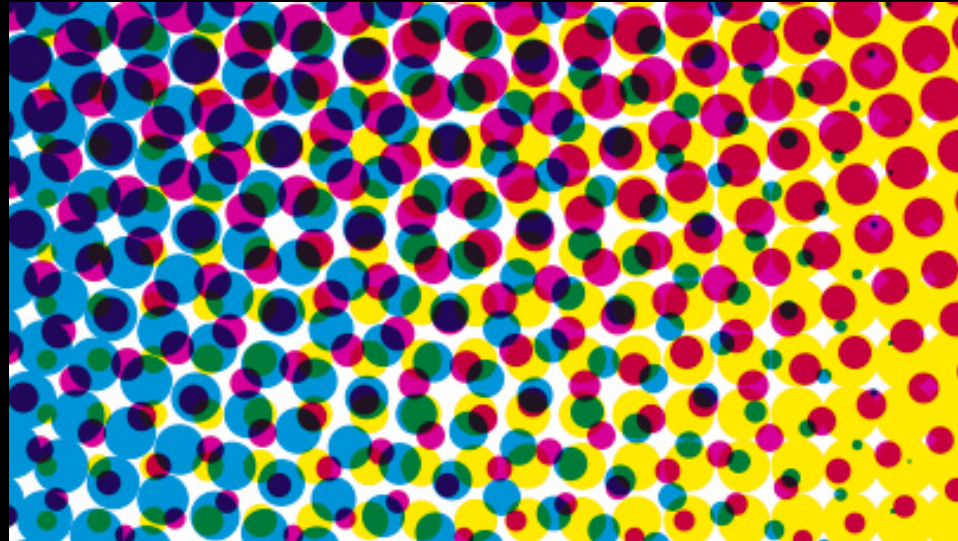
Angst et al 2011 (BRIDGE Study)

Systematic Clinical Assessment in CTAH Project

- Phase 1: Semi-Structured Interview (trained psychologist) + HAD, CLH-20, Cyclo Temps-A
- Phase 2: Self-assessment
 - TEMPS-A (Akiskal et al)
 - SCL-90 (Derogatis)
 - GHQ
 - Bipolarity / Cyclothymia Test-50 items (Hantouche 2008)
 - Hypomania Checklist 32 items (HCL-32, Angst et al)
 - RIPOSt Scale (Hantouche 2010)
 - Reactivity
 - Intensity
 - Polarity
 - Stability
- Phase 3: Clinician Appointment (EH)

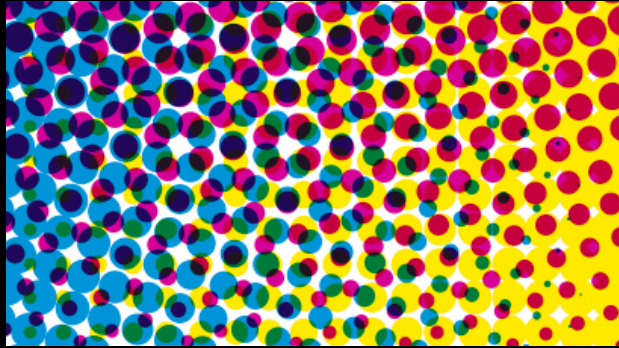


TRAMES-BP®



“Trame” (or “Frame”) is the canvas or the irreducible part of a play, a story, a tale, a movie...

“TRAMES-BP” is the canvas of the irreducible part of bipolar spectrum disorders (*the Essential of Clinical Assessment*)



FRAMES-BP®

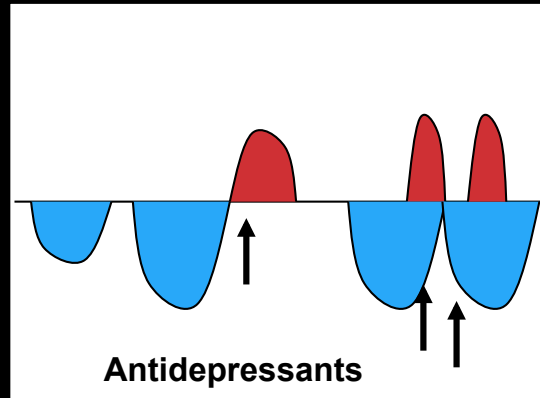
- **T:** Temperament
- **R:** Reactivity to drugs
- **A:** Age of onset
- **M:** Mode of evolution (course)
- **E:** Episodes (polarity, intensity, mixity)
- **S:** Sequence of episodes (MDI / DMI)

FRAMES: Family history

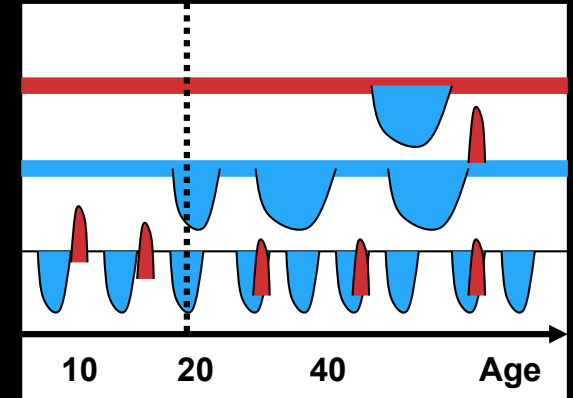
Hantouche, CTAH, 2010



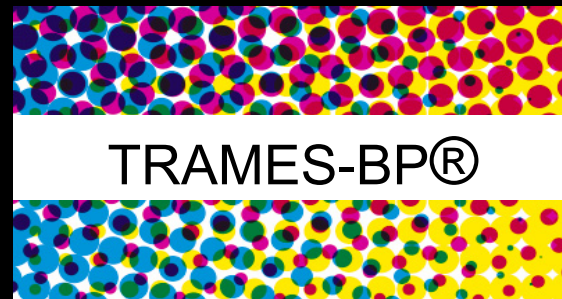
Temperaments



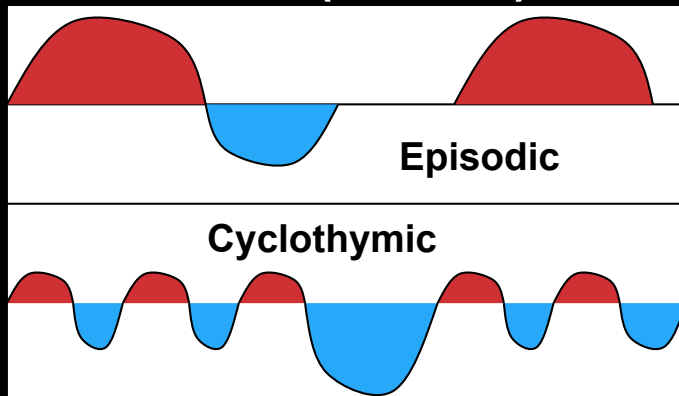
Reactivity to drugs



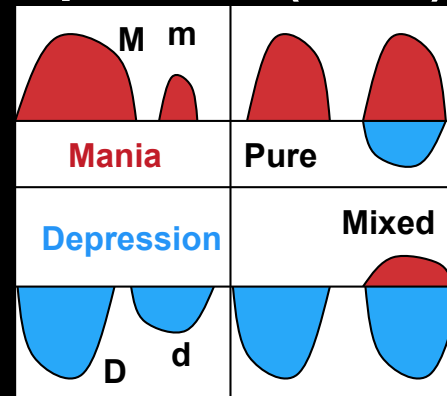
Age of onset



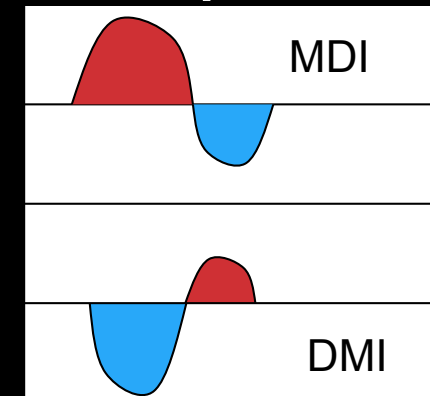
Mode (course)



Episodes (P/I/M)



Sequence



Switches on antidepressants indicate Bipolarity

- ✓ Akiskal et al (Arch Gen Psychiatry, 1979)
- ✓ Strober & Carlson (Arch Gen Psychiatry, 1982)
- ✓ Akiskal et al (J Affect Disord, 1983)
- ✓ Wehr & Goodwin (Arch Gen Psychiatry, 1987)
- ✓ Altschuler et al (Am J Psychiatry, 1995)
- ✓ Menchon et al (Eur Psychiatry, 1995)

Resistance to Antidepressants in Bipolar-Spectrum vs MDD (%)

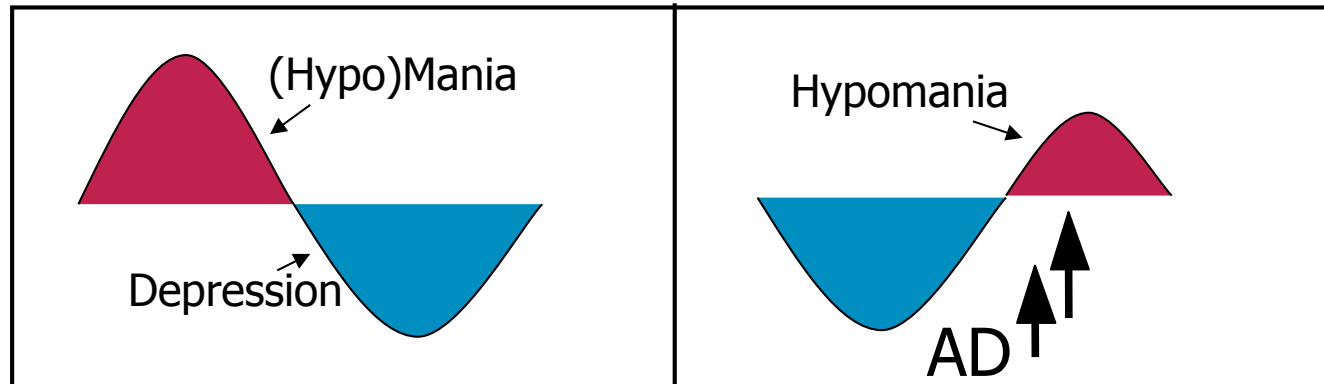
O'Donovan et al 2008	Future switchers	Non-switchers
	7/17 (41.2)	0/17 (0)
Rybakowski et al 2005	Bipolar spectrum	Pure MDD
	32/106 (30.2)	54/341 (15.8)
Rybakowski et al 2007	Bipolar spectrum	Pure MDD
	150/210 (71.4)	419(841) (49.8)

Prevalence of Hypomania in MD Resistant to Antidepressants

55% (Hantouche et Angst, 2009)

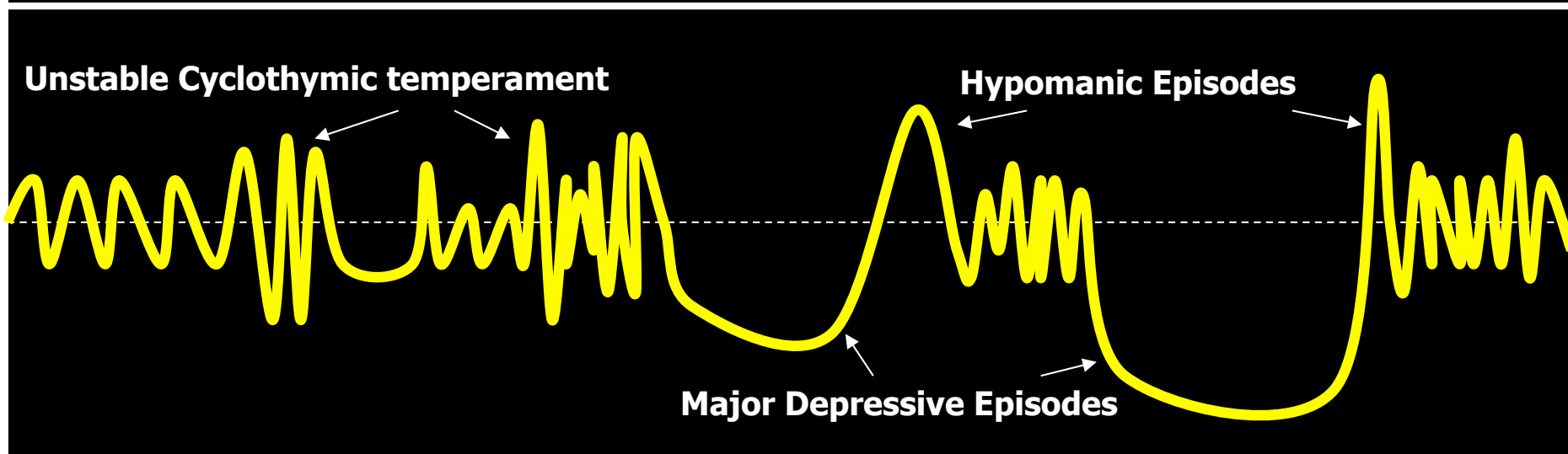
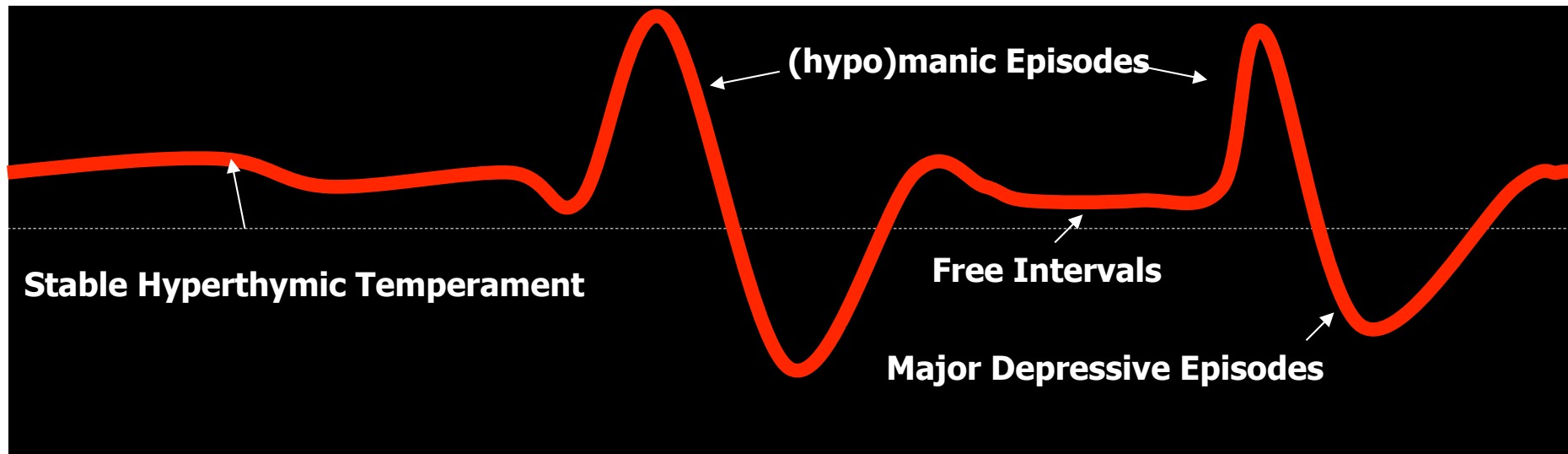
Endogenous versus Exogenous Cyclicity in BP Disorder: Role of Affective Temperaments

(Koukopoulos et al, JAD, 2006)



Basic temperament	Stable - Hyperthymic	Instable - Complex Cyclothymic
Sequence	MDI	DMI
Cyclicity	Exogenous	Endogenous
Evolution	Episodic, free intervals	Instability, tendency to rapid cycling
Reactivity to treatment	Prophylactic effect of lithium via attenuating hyperthymia	Worsening effect of antidepressants (formation of rapid cycling; chronic mixed state; mood switching)

"Intra-Bipolar" Dichotomy



as developed by EBF – Viareggio 2005

Basic Affective Temperaments In Mood Disorders



Hyperthymia

Genetic factors

Neurobiologic Factors

Hyperthymic Traits

Affect Intensity
Separation Anxiety
Hyperactivity
ADHD-like Behavior

Psychological protection
with hidden vulnerability

Conception of Cyclothymia

Genetic factors

Neurobiologic Factors

Cyclothymic Traits

Emotion Reactivity

Affect Instability

Basic Insecurity

Hypersensitivity

Psychological vulnerability

Borderline-like

Cyclothymia

“Borderline Scenarios”

- ✓ Sensitivity to rejection
- ✓ Affect dependency
- ✓ Jealousy
- ✓ Obsessive need to please
- ✓ Hypersensitivity to critics
- ✓ Need for compliments, emotional rewards
- ✓ Excess feelings of justice
- ✓ Testing limits
- ✓ Novelty seeking mixed with harm avoidance
- ✓ Hyper-control
- ✓ Compulsive behaviors
- ✓ Lack of future projection
- ✓ Shaky to low self-esteem

Early Maladaptive Schemas in Cyclothymic Patients: CTAH project

- Abandonment / Instability
- Dependence / Incompetence
- Self-Sacrifice
- Unrelenting Standards / Hypercriticalness
- Insufficient Self-Control / Self-discipline

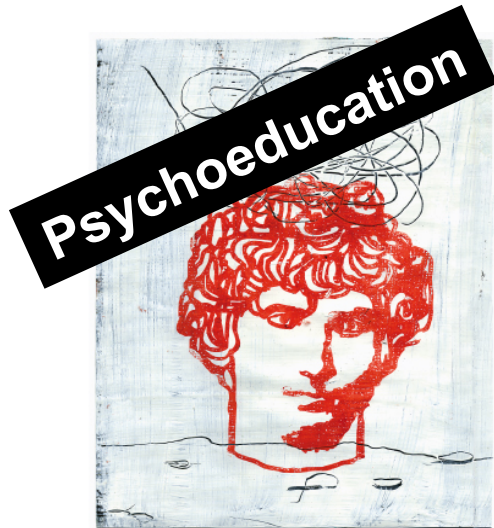
Preliminary data on 45 cyclothymic patients.

	Borderline	Euthymic BP-I	Control
Cyclothymic Temperament	9,34	3,96	1,21
Depressive Temperament	4,14	1,26	0,45
Irritable Temperament	3,38	1,91	1,10
Anxious Temperament	1,97	0,48	0,59
Hyperthymic Temperament	2,79	4,26	4,83
Life Schemas	BL > BP = Control		
Insufficient Selfcontrol	BP > Control		

Dr ÉLIE HANTOUCHE
VINCENT TRYBOU

**SOIGNER
SA CYCLOTHYMIE**

SEPT CLÉS POUR RETROUVER
LE CONTRÔLE DE SOI



Odile
Jacob

Dr Élie Hantouche
Caline Majdalani - Régis Blain

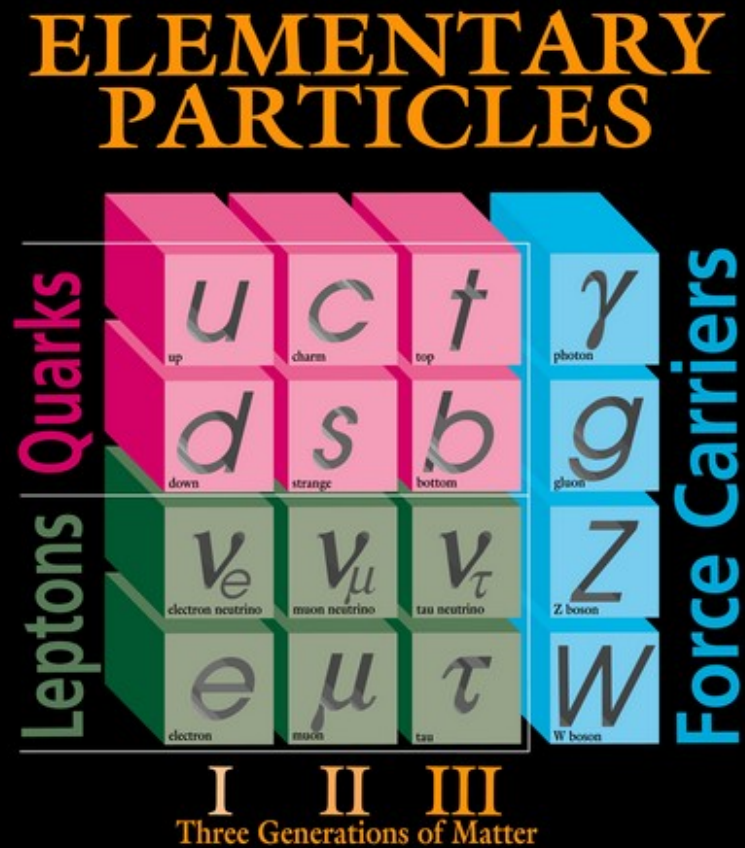


Psycho-reeducation
Self-management

J'APPREND À GÉRER MA
CYCL**OTHYMI**
MÉTHODE PRATIQUE


Éditions J.Lyon

“RIPoSt” Scale: Elementary Particles of Temperament



"RIPoSt" Questionnaire

Emotion R eactivity (15 items, rated 1 - 6)	Score 0 - 90
Emotion I ntensity (15 items, rated 1 - 6)	Score 0 - 90
Emotion P olarity (15 items, rated 1 - 6)	Score 0 - 90
Emotion S tability (15 items, rated 1 - 6)	Score 0 - 90

The “Emotion Reactivity Scale”: Development, Evaluation, and Relation to Self-Injurious Thoughts and Behaviors

Matthew K. Nock, Michelle M. Wedig, Elizabeth B.
Holmberg, Jill M. Hooley
Harvard University

Behavior Therapy, 2008

Echelle Réactivité Emotionnelle
(ERS - « Emotion Reactivity Scale » de Nock et al, 2008)

Ce questionnaire s'intéresse à la façon dont vous ressentez **régulièrement (p.ex. chaque jour)** les émotions. Lorsque l'on vous pose des questions sur le fait d'être "ému(e)", ceci renvoie au fait d'être en colère, triste, excité(e) ou à d'autres émotions. Évaluez s.v.p les propositions suivantes.

		0 Ne me correspond pas du tout	1 Me correspond un peu	2 Me correspond assez	3 Me correspond beaucoup	4 Me correspond tout à fait
1	Quand quelque chose me bouleverse, je ne peux penser qu'à cela pendant un long moment.	0	1	2	3	4
2	Mes sentiments me font facilement souffrir.	0	1	2	3	4
3	Quand je ressens des émotions, je les éprouve très fortement/intensément.	0	1	2	3	4
4	Quand je suis émotionnellement bouleversé(e), je suis également bouleversé(e) physiquement dans tout mon corps.	0	1	2	3	4
5	J'ai tendance à être très ému(e) très facilement.	0	1	2	3	4
6	Je vis les émotions très fortement.	0	1	2	3	4
7	Je me sens souvent extrêmement anxieux(se).	0	1	2	3	4
8	Quand je me sens ému(e), il m'est difficile de ressentir quoi que ce soit d'autre.	0	1	2	3	4
9	Même les plus petites choses m'émeuvent.	0	1	2	3	4
10	Je prends beaucoup de temps pour surmonter les désaccords que j'ai avec les autres.	0	1	2	3	4
11	Je prends beaucoup plus de temps que la plupart des gens pour me calmer lorsque je suis fâché(e)/contrarié(e).	0	1	2	3	4
12	Je me fâche très facilement contre les gens.	0	1	2	3	4
13	Je suis souvent irrité(e) par des choses qui ne font pas réagir d'autres personnes.	0	1	2	3	4
14	Je suis facilement agité(e)	0	1	2	3	4
15	Je peux passer d'un état neutre à un état émotionnel extrême en un instant.	0	1	2	3	4
16	Quand quelque chose de négatif se produit, mon humeur change très rapidement. Les gens me disent que je me mets facilement en rogne.	0	1	2	3	4
17	Les gens me disent que mes émotions sont souvent trop intenses pour la situation.	0	1	2	3	4
18	Je suis une personne très sensible.	0	1	2	3	4
19	Mes sautes d'humeur sont très fortes et puissantes.	0	1	2	3	4
20	Je suis souvent si bouleversé(e) qu'il m'est difficile de penser de manière claire.	0	1	2	3	4
21	Les gens disent que je réagis de manière excessive.	0	1	2	3	4

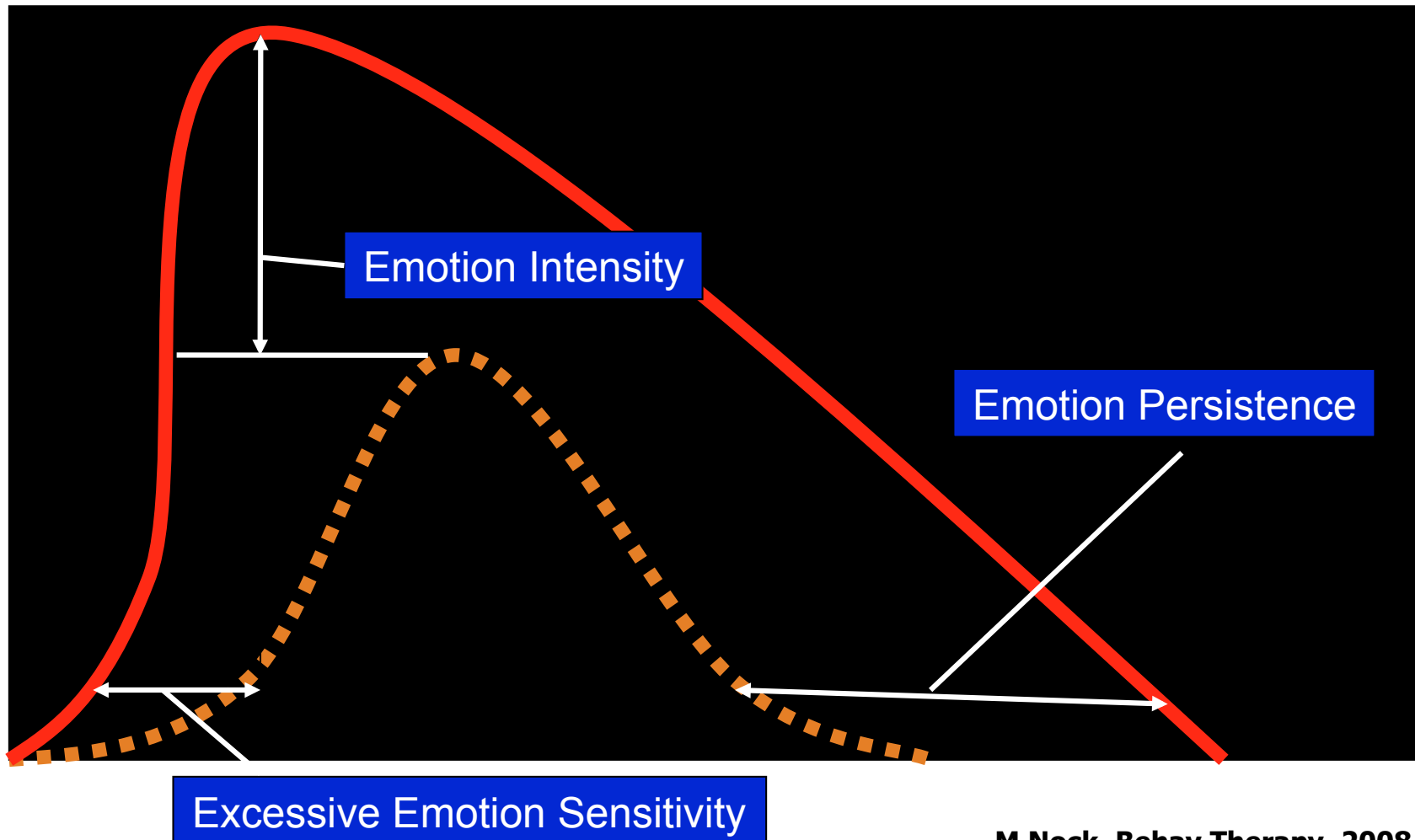
ERS: Emotional Reactivity Scale (Nock, 2008)

Internal consistency, means, standard deviations, and correlations among emotion reactivity scale (ERS) subscales

ERS	α	M	SD	Correlations			
				1	2	3	4
1. Total Scale	.94	36.66	17.52	–			
2. Sensitivity	.88	16.29	8.61	.96***	–		
3. Arousal/Intensity	.86	13.11	6.30	.93***	.83***	–	
4. Persistence	.81	7.26	4.03	.85***	.73***	.73***	–

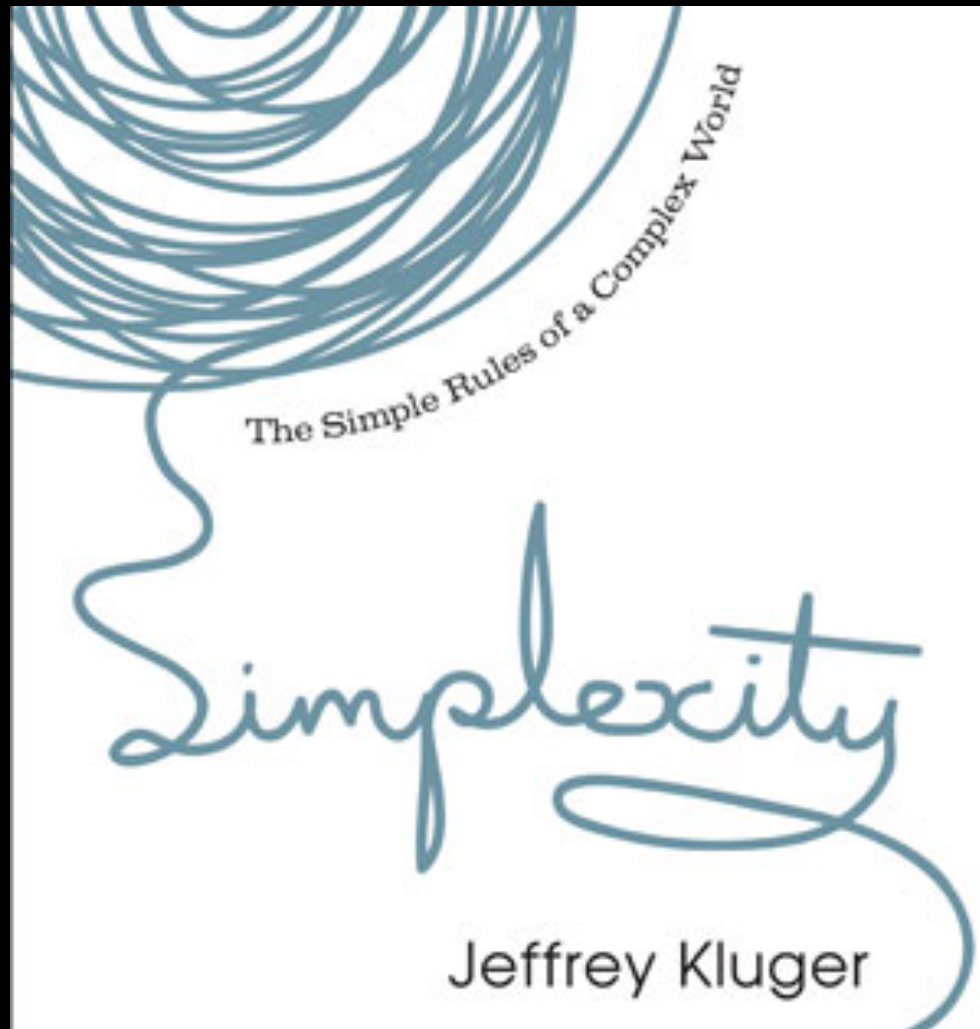
***p < .001 (two-tailed).

Emotion Reactivity: 3 separate dimensions



Rethinking Bipolar Spectrum Disorders

- Think “Outside the Classical BP-I Box”
- Look for **specific hints** evoking the bipolar nature
- **Listen** to the complex complaints of BP-II Cyclothymic patients
- **Be able to synthesize** temperament, age of onset, course, cyclicity, episodes (signs & sequence), comorbidity in plausible diagnoses



*“Simplexity” in
BP-II Spectrum:
Applying
**Simple and Basic
Rules** of a
Complex Disorder*