

P-215 - OXCARBAZEPINE VERSUS SODIUM VALPROATE IN ACUTE MANIA: A DOUBLE BLIND RANDOMIZED CONTROLLED TRIAL

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Introduction: Each episode of mania has adverse effects on mental status of patients and their families, so finding effective treatments are needed.

Objective: The objective was to compare the efficacy of oxcarbazepine and sodium valproate in the treatment of acute mania in Iranian population.

Aims: Oxcarbazepine is not routinely used in Iran for the treatment of mania so we decided to introduce it and compare its effects with the standard drugs for mania.

Methods: The sample included 18 to 60 years old bipolar manic patients who admitted in Ibn-e-Sina hospital in Mashhad city (north-eastern part of Iran) during 2008 to 2010. The diagnosis confirmed by Structured Clinical Interview for DSM-IV by two psychiatrists. Patients were randomly allocated in two groups taking oxcarbazepine (900-2400 mg/day) and sodium valproate (20-30 mg/kg/day) and trial consisted 2 weeks for titration and 4 weeks for maintenance dose. Assessments were done by a blind psychologist using Mini-Mental Status Examination, Young Mania Rating Scale, and Clinical Global Impression Scale, and adverse effects forms at baseline and after 3 and 6 weeks.

Results: Symptoms of mania based on mean scores of YMRS and CGI-S decreased significantly from baseline to endpoint in both groups ($P < 0.05$), but there was not any significant difference between two groups in terms of reduction of symptoms at weeks 3 and 6 ($P=0.872$ and $P=0.594$, respectively) and adverse events of drugs.

Conclusion: The result of this study showed that oxcarbazepine efficacy is almost equal to sodium valproate in treatment of acute manic patients.