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P01.598  BIPOLAR COMPREHENSIVE OUTCOMES STUDY (BCOS): AN AUSTRALIAN OBSERVATIONAL STUDY OF THE TREATMENT AND OUTCOME OF PATIENTS WITH BIPOLAR DISORDER

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Statement of the Study: BCOS is a 2-year prospective observational study of treatment and outcome of patients with bipolar disorder. We present an overview of the naturalistic study design along with a description of the implementation and recruitment for this study. There are no previous comprehensive observational studies evaluating the short and long-term management of patients with this disorder in Australia.
Methods: Adult patients with bipolar I disorder (manic, mixed or depressed episode) or schizoaffective disorder will be enrolled if they: present within the standard course of care; are 18 years of age or older; have, at the discretion of the treating psychiatrist, been prescribed a mood stabilizer for the treatment of bipolar disorder; and are willing and able to comply with the study requirements. It is expected that 240 patients will be enrolled. Outcomes will be assessed across the entire sample population, however, two principal treatment arms will be established at enrollment: (1) patients taking olanzapine – as a mood stabilizer (monotherapy or in combination with a conventional mood stabilizer), and (2) patients taking a conventional mood stabilizer (monotherapy or combination therapy – excluding olanzapine). A range of measures and questionnaires will be used to evaluate clinical, social, quality of life (QoL) and economic outcomes.

Summary of Results: The first patient was enrolled in September 2003. We present the study rationale, methods, and preliminary socio-demographic and clinical characteristics of the emerging cohorts.

Conclusion: BCOS will provide a rich source of information to enhance the understanding of real-life clinical, social, QoL, and economic outcomes of patients receiving pharmacological treatment for bipolar disorder in Australia. Furthermore, these results will reflect actual clinical practice settings and thus complement current findings that have been derived from studies with different designs (e.g. Randomized Controlled Trials).