PubMed

Sociodemographic Correlates of Unipolar and Bipolar Depression in

**Format**: Abstract

**Full text links**

Get Free Full Text
Wolters Kluwer | Medknow

PMC Full text FREE

See 1 citation found by title matching your search:

# Sociodemographic Correlates of Unipolar and Bipolar Depression in North-East India: A Cross-sectional Study.

Kalita KN[1], Hazarika J[2], Sharma M[3], Saikia S[3], Patangia P[3], Hazarika P[3], Sarmah AC[4].

Author information

## Abstract

**INTRODUCTION:** Early diagnosis and management of **depression** is important for better therapeutic outcome. Strategies for distinguishing between **unipolar** and **bipolar depression** are yet to be defined, resulting improper management. This **study** aims at comparing the socio-demographic and other variables between patients with **unipolar** and **bipolar depression**, along with assessment of severity of **depression**.

**MATERIALS AND METHODS:** This **cross sectional study** was conducted in a tertiary care psychiatry hospital in **North-East India**. The **study** included total of 330 subjects selected through purposive sampling technique from outpatient department after obtaining due informed consent. Mini-International Neuropsychiatric Interview (M.I.N.I.) version 6.0 and Beck **Depression** Inventory (BDI) were applied. Statistical Package for Social Sciences (SPSS) version 16.0 was applied for analysis.

**RESULTS: Bipolar** group had onset of illness at significantly younger age with more chronicity (32.85 ± 11.084). Mean BDI score was significantly higher in the **unipolar** depressive group.

**CONCLUSION:** Careful approach in eliciting symptom severity and associated socio demographic profiles in depressed patients may be helpful in early diagnosis of **bipolar depression**.
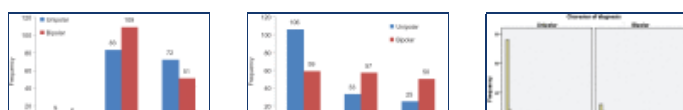
**KEYWORDS:** Beck **depression** inventory; **bipolar**; **depression**; **unipolar**

**Free PMC Article**

f    🐦    g+

**Images from this publication.** See all images (3) Free text

**Conflict of interest statement**

**LinkOut - more resources**