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Circadian rhythm sleep-wake disorders as predictors for bipolar disorder in patients with remitted mood disorders

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Abstract

Background

Circadian rhythm dysfunction is thought to play a key role in the pathogenesis of bipolar disorder (BD). We focused on circadian rhythm sleep-wake disorders (CRSWD) as possible predictors for bipolar disorder in patients with remitted mood disorders.

Method

One hundred four BD (41 type I and 63 type II) outpatients and 73 age- and sex-matched major depressive disorder (MDD) outpatients participated in this study. The subjects were asked to answer questionnaires including demographic variables, clinical course of the disorder, and family history of psychiatric disorders.

Severity of mood status was evaluated by the Montgomery-Åsberg Depression Rating Scale and Young

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