Guidelines for the Treatment of Depression and for Maintenance for Patients With Bipolar Disorder

Bipolar Depression

- Lamotrigine
- Olanzapine
- Valproate
- Quetiapine

Bipolar Maintenance

- Lithium
- Quetiapine
- Lamotrigine
- Olanzapine (w SSRI)
- Valproate (w Li+)

First-Line Commonalities

- Medications selected on a trial and error basis
- Combination of first-line agents
- Addition of carbamazepine, valproate, lithium, aripiprazole

Second-Line Commonalities

- Different first-line strategy
- Combination of first-line agents
- Addition of carbamazepine, valproate, lithium, aripiprazole
- ECT for severe depression, catatonia, suicidality, psychotic features, pregnancy

Monitor and Address:

- Adverse effects
- Interruption schedule (unsustainable attention, sleep, irritability)
- Monitor for prodromal symptoms (change in motivated activity, sleep cycle, impulsivity, or interpersonal behavior; change in affect (usually later in prodromal stage); usually consistent within individual
- Address prodromal symptoms (small medication adjustment, change in daily routine, stress reduction, exercise, or social interaction)

Task to:

- Monitor for prodromal symptoms (change in motivated activity, sleep cycle, impulsivity, or interpersonal behavior; change in affect (usually later in prodromal stage); usually consistent within individual
- Address prodromal symptoms (small medication adjustment, change in daily routine, stress reduction, exercise, or social interaction)