

# **Life events and mood disorders : A comparative study between unipolar and bipolar disorders**

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The aim of this study was to elucidate the role of life events in the onset of bipolar episodes in comparison with unipolar episodes and to test the validity of Posts' hypothesis through a case-control design. A total of 100 Egyptian patients who were experiencing an episode of mania or depression according to the ICD-10 was selected for the study. Diagnostic criteria for research were subjected to the social readjustment during the six months preceding the episode. A control group of 50 healthy individuals were also assessed. The results showed that life events preceded 90% of the unipolar depression group, 56% of bipolar episodes and 55% of manic episodes. Also, the results showed a significant negative correlation between the number of current episodes and the level of stress.