

Prodromal symptoms as predictors of manic and depressive episodes

Rami, Hesham Ahmad Supeervised by Aukasha, Ahmad. Sadeq, Adel. Luttayef, Farouq. H
Ain-Shams Univ., Cairo (EGY). Fac. of Med.

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One hundred patients experiencing a mood episode according to ICD-10 diagnostic criteria were included in the study. In addition, a control group of 50 subjects was studied. The study aimed to identify the possible prodromal symptoms of manic and depressive episode, to address their nature and extent and to investigate their specificity and stability. All subjects underwent Herz questionnaire for detection of the prodromal symptoms in the month preceding the episode, COALA questionnaire for the detection of episode prodromal symptoms in the month preceding the episode and a social readjustment rating scale for life events assessment during the six months preceding the episode. The study concluded that the majority of patients and their relatives are able to identify prodromal symptoms. These prodromal symptoms appear to be specific to the diagnosis.