

# Author's Accepted Manuscript

Stability of the diagnosis of seasonal affective disorder in a long-term prospective study

ML Cléry-Melin, P Gorwood, S Friedman, C Even



PII: S0165-0327(17)30620-1  
DOI: <https://doi.org/10.1016/j.jad.2017.11.014>  
Reference: JAD9328

To appear in: *Journal of Affective Disorders*

Received date: 24 March 2017  
Revised date: 9 September 2017  
Accepted date: 4 November 2017

Cite this article as: ML Cléry-Melin, P Gorwood, S Friedman and C Even, Stability of the diagnosis of seasonal affective disorder in a long-term prospective study, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.11.014>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# Stability of the diagnosis of seasonal affective disorder in a long-term prospective study

Cléry-Melin ML<sup>1,2</sup>, Gorwood P<sup>1,2</sup>, Friedman S<sup>1</sup>, Even C<sup>1,3</sup>

1- CMME (Groupe Hospitalier Sainte-Anne), Paris Descartes University, France.

2- INSERM U894. Centre of Psychiatry and Neurosciences, 75014 Paris, France.

3- 74, rue Lecourbe, 75015 Paris, France.

Corresponding author: Dr Marie-Laure Cléry-Melin, M.D.

INSERM U894, Paris Descartes University

CMME, Sainte-Anne Hospital, 100 rue de la Santé, Paris, FRANCE. Tel: +33145658367 Fax: +33145658943

Email: mlcmgalichon@gmail.com

## ABSTRACT

**Background:** Seasonal affective disorder (SAD) is mainly characterized by a seasonal pattern of depressive recurrences over the years. However, few studies have been conducted on the long-term course of patients with SAD, whose findings raised questions about the diagnosis stability over time. This study aimed to better characterize the diagnosis evolution, and determine prognosis markers.

**Methods:** An initial cohort of 225 outpatients diagnosed as having a SAD, was assessed at baseline (T1) for clinical symptoms and response to bright light therapy. One hundred and nineteen patients (53%) were interviewed 2 to 12 years after (T2).

**Results:** Of 119 patients reached at follow-up (T2), only 32 patients (27%) still fulfilled the DSM-IV criteria for a stable SAD (S-SAD). A large proportion (59%) of the follow up cohort was in remission and 14% still suffered from a non-seasonal mood disorder. Family history of depression, previous suicide attempt, carbohydrate craving and HAD-depression score at baseline were associated with a stable SAD (S-SAD) diagnosis at T2, the HAD-depression score being the only one still significantly predictive ( $p=.025$ ) of a later stable SAD, with a multivariate approach. Carbohydrate craving, a core symptom of SAD, showed a trend ( $p=.100$ ) to predict diagnosis stability.

**Limitations:** Only 53% patients from the initial cohort were assessed at follow-up.

Download English Version:

<https://daneshyari.com/en/article/8815901>

Download Persian Version:

<https://daneshyari.com/article/8815901>

[Daneshyari.com](https://daneshyari.com)