

Predictors of Excellent Lithium Response in Bipolar Disorder

- Clear-cut episodes, with full remission between them
- Relative lack of mixed states and rapid cycling
- Few past episodes or hospitalizations
- Depressive episodes following manic episodes
- Absence of psychiatric comorbidity, substance abuse, childhood trauma, and psychotic features
- Family history of bipolar disorder and/or lithium response
- Hyperthymic traits (extroverted, natural leader, high energy, short sleeper)

From the Expert Q&A:
"Who Should Get Lithium?"

with Janusz Rybakowski, MD, PhD

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