

ARE INFLAMMATORY CYTOKINES ASSOCIATED WITH MOOD SYMPTOMS AMONG PATIENTS WITH BIPOLAR DISORDER?

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Bipolar disorder (BD) is a severe mental illness characterized by chronic course, pervasive instability, and higher recurrence and suicide rate. Evidence supports the associations of instable social rhythm and increased inflammatory cytokines and symptom severity in BD. This cross-sectional study examined the relationships among inflammatory cytokines and mood symptoms. One-hundred and twenty-one individuals with a DSM-IV diagnosis of BD were recruited from the psychiatric ward and outpatient department of a southern medical center in Taiwan. Most participants were female, unmarried, unemployed, diagnosed as bipolar II, and outpatients. There were no significant associations between inflammatory cytokines and mood symptoms. Relative lower level of inflammatory cytokines in these stabilized patients cannot reflect from different mood states. Future studies should compare the inflammatory cytokines of patients who were at different mood states.

BIOGRAPHY

Esther Ching-Lan Lin is an Associate Professor in the Department of Nursing, College of Medicine, National Cheng Kung University, and adjunct Head Nurse of the Department of Psychiatry, National Cheng Kung University Hospital, Tainan, Taiwan. She has been a nurse, a manager, a teacher, and an advisor for 18 years. After completing her PhD at National Taiwan University. She continued her academic career in nursing education and has focused on improving the quality of care for patients with severe mental illness. She has published 30 papers in English-language and Chinese-language journals—most recently on developing and evaluating psychosocial treatments for patients with schizophrenia and bipolar disorder—and has been an editorial board member for the past 3 years of a national nursing journal in Taiwan.

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