

ECT for manic state in a teenager with Bipolar Disorder – Obsessive Compulsive Disorder

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Conclusions

- In adolescents with mood disorders – look for comorbidity of episodic OCD with specific features
- Give priority to mood stabilization before treating OCD-symptoms
- Consider electroconvulsive therapy in young patients with severe mania where first-line treatment options have failed
- When treating culturally diverse patients take special considerations, e.g. always use a collateral informant.

Background

We report a case of an adolescent with bipolar disorder-obsessive-compulsive disorder who was successfully treated with electroconvulsive therapy during an episode of severe mania.

Case presentation

A 16-year-old girl of Middle East origin first presented to us with depressed mood, irritability, and increased obsessive-compulsive disorder symptoms.

During hospitalization her mood switched to a manic state with mixed and psychotic features, at times showing aggression toward others. Interruption in her lithium treatment for a short period and possibly the introduction of an atypical antipsychotic could in part have been triggering factors.

After 8 weeks of in-patient care and psychotropic drug trials, electroconvulsive therapy was initiated and administered every second or third day for 4 weeks, with marked positive response. No apparent side effects were reported.

Discussion

Comorbidity of bipolar disorder and obsessive-compulsive disorder is common in adolescence.

Obsessive-compulsive disorder symptoms may be episodic and secondary to alterations in mood. Obsessions in BD-OCD tend to be of sexual, aggressive and religious nature.



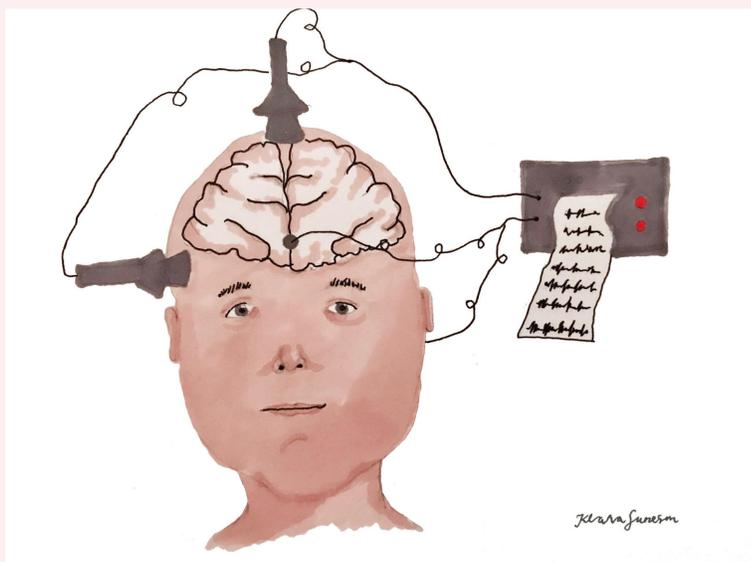
Adolescents with BD tend to show long manic episodes with mixed symptomatology, often difficult to treat. Pharmacotherapy of obsessive-compulsive disorder may induce or exacerbate such episodes.

Electroconvulsive therapy is sparsely used in children and adolescents, but is documented to be a safe and efficacious intervention in adults with BD.

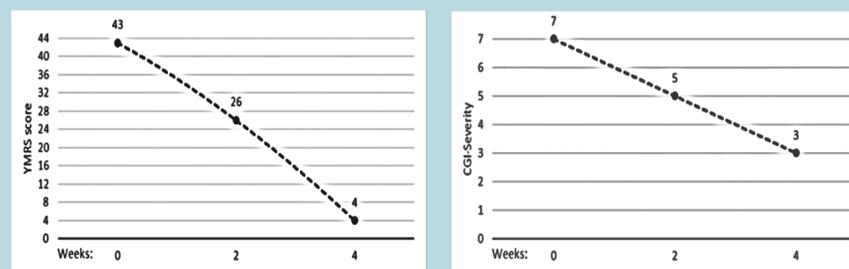
In view of the severity of symptoms in juvenile mania, studies on treatment strategies are warranted. Further clinical research on the use of ECT in pediatric patients would help advance current knowledge.

References

J Med Case Rep. 2017 Dec 12;11(1):345



Electroconvulsive therapy
Unilateral technique according to d'Élia



Severity of illness from first to last administration of ECT (YMRS score and CGI)