Healthcare Costs associated with the treatment of Bipolar Disorder: A Systematic Review
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INTRODUCTION
- Bipolar disorder (BD) is defined by the occurrence of mania or hypomania.
- Mania is defined by a euphoric, expansive, or irritable mood that is accompanied by a marked increased in energy which represent a change in an individual’s typical behavior.
- The prevalence of bipolar disorder (BD) is approximately 1.0%, according to the National Comorbidity Survey (NCS) in 2005.
- There are higher rates of medical illnesses and premature mortality for individuals with bipolar disorder.[1]
- The economic burden of BD in 2009 was estimated to be 150.1 billion dollars.[2]
- Bipolar disorder is the most expensive behavioral health care diagnosis, both for patients with bipolar disorder and for their insurance plans.
- For every behavioral health care dollar spent on outpatient care for patients with bipolar disorder, $1.80 is spent on in-patient care, suggesting that better prevention management could decrease the financial burden of bipolar disorder.[3]

OBJECTIVES
- To review and analyze the direct and indirect medical costs associated with bipolar disorder.

METHODS
- A systematic literature search was conducted through PubMed, PsycINFO, COCHRANE, and CINAHL to identify studies assessing healthcare costs with the treatment of Bipolar disorder.
- Search was conducted using the title followed by the MeSH terms – Bipolar disorder, Cost of Illness, Cost of Treatment, Cost analysis.
- Data were abstracted country of origin of the study, direct and indirect costs, perspective, time horizon and data sources used for cost data.
- Articles published between 2001-2017 in English were included. Articles were excluded if the direct healthcare cost for patients with Bipolar disorder was not reported and cannot be derived.

RESULTS
- A total of 29 full text articles were included for the final review.
- Majority of the studies (45%) included in this review were conducted in the United States.
- Twenty four of these studies included direct and indirect costs for their estimates of disease burden with Bipolar disorder.
- The direct costs varied greatly among US studies ranging from over $7,000 to $30.7 Billion.
- Cost data were gathered from variety of sources including commercial and national data bases.

CONCLUSIONS
- Bipolar disorder causes significant economic burden to patients, families and society.

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