Data supplement for Simoons et al., Metabolic Syndrome at an Outpatient Clinic for Bipolar Disorders: A Case for Systematic Somatic Monitoring (doi: 10.1176/appi.ps.201800121)

Presence of metabolic syndrome components according to the ATP III criteria (1) after introduction of MOPHAR (n=116)

Metabolic syndrome component (any 3 of 5 constitute diagnosis of metabolic syndrome)	Presence of metabolic syndrome components		Drug treatment for dyslipidemia, hypertension and/or hyperglycemia		Presence of metabolic syndrome components corrected for successful treatment	
	n	%	n	%	n	%
Elevated waist circumference[a]	79	68			79	68
Elevated triglycerides[b]	51	44	19	16	49	42
Reduced HDL-cholesterol[c]	47	41	see cell above, combined count	see cell above, combined percentage	45	39
Elevated blood pressure[d]	70	60	28	24	67	58
Elevated fasting glucose[e]	49	42	10	9	49	42
Total for metabolic syndrome	62	53	33	28[f]	59	51

[a] ≥102 cm in men, ≥88 cm in women

[b] ≥1.7 mmol/L or on drug treatment for elevated triglycerides

[c] <1.03 mmol/L in men, <1.3 mmol/L in women or on drug treatment for reduced HDL-cholesterol

[d] ≥130 mm Hg systolic blood pressure or ≥85 mm Hg diastolic blood pressure or on antihypertensive drug treatment

[e] ≥5.6 mmol/L or on drug treatment for elevated glucose

[f] The 33 patients treated for dyslipidemia, hypertension and/or hyperglycemia make up 53% of the 62 patients with a diagnosis of metabolic syndrome.

ATP-III, (National Cholesterol Education Program) Adult Treatment Protocol III; HDL, high density lipoprotein;
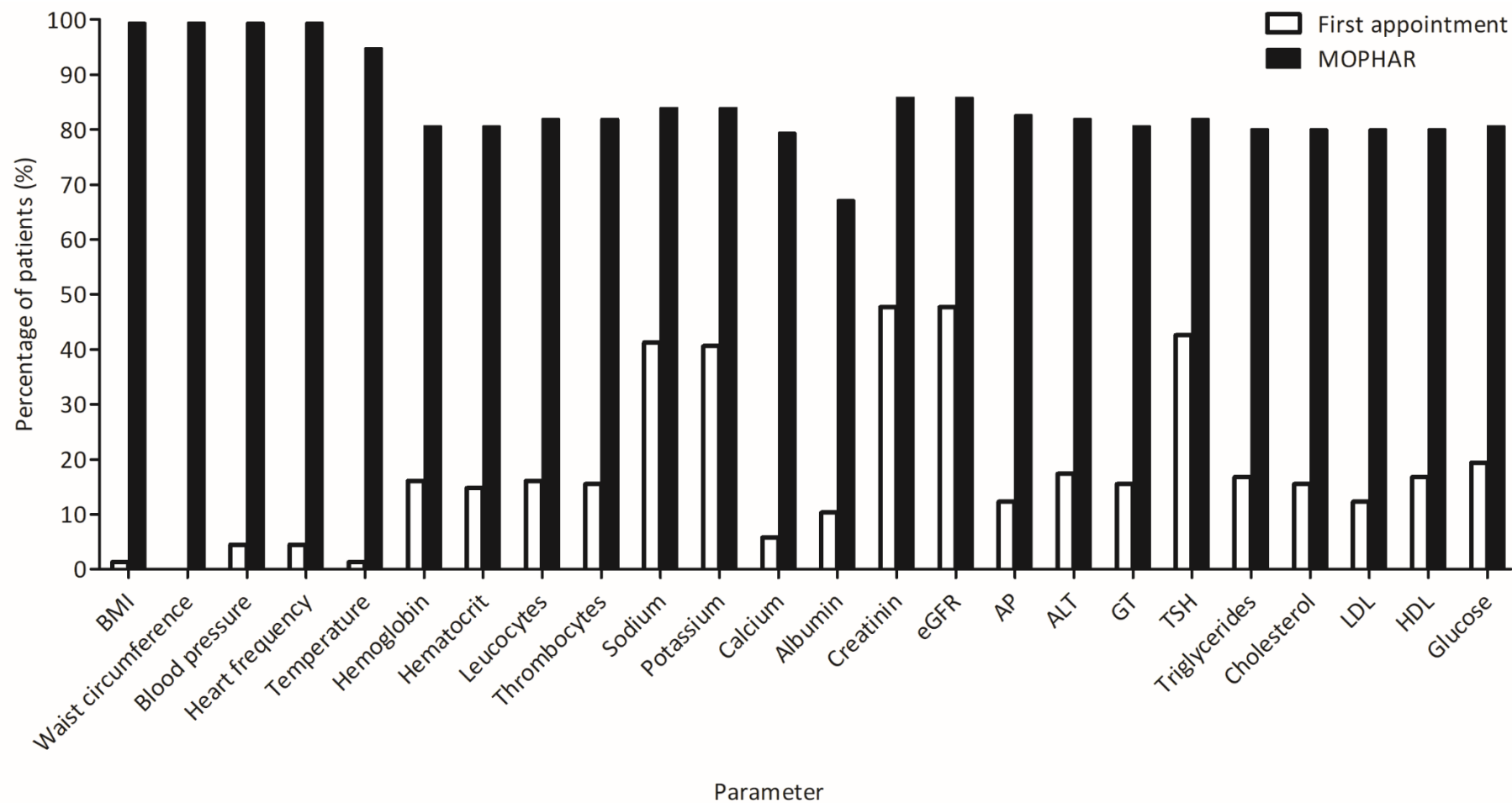
References

1. Grundy SM, Cleeman JI, Daniels SR, et al: Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. Circulation 112:2735-2752, 2005

Characteristics of the study population (n=155)

Characteristic	Value	
Female, n (%)	88	57%
Age, mean±standard deviation, years	50.1±9.7	
Primary diagnosis, n (%)		
Bipolar I disorder	79	51%
Bipolar II disorder	42	27%
Cyclothymic disorder	2	1%
Unspecified bipolar or related disorder	1	1%
Other primary (non-bipolar) disorder	31	20%
Duration of disease, n (%)		
0-5 years	11	7%
5-10 years	46	30%
>10 years	98	63%
Duration of outpatient treatment since first appointment with current main treatment officer, mean±standard deviation, months	10.0±4.7	
Outcome Questionnaire-45 (OQ45) score (n=137), median (range) Physical complaints and general functioning: >55 indicates symptoms of clinical significance	46	8-117
DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure—Adult (n=145)		
Score above threshold for depression	65	45%
Score above threshold for mania	35	24%
Score above threshold for >2 domains	80	55%
Patients without monitoring measurements at first appointment, n (%)	67	43%
Number of psychotropic drug used, n (%)		
0	6	4%
1	44	28%
2	57	37%
3	26	17%
4	22	14%
Psychotropic drugs used, n (%)		
Amitriptyline	1	1%
Aripiprazol	2	1%
Benzodiazepine	65	42%
Carbamazepine	3	2%
Clomipramine	3	2%
Clozapine	3	2%
Haloperidol	1	1%
Imipramine	1	1%
Lamotrigine	20	13%
Lithium	85	55%
Lurasidon	1	1%
Mirtazapine	1	1%
Nortriptyline	5	3%
Olanzapine	34	22%
Quetiapine	25	16%
Risperidone/paliperidone	7	5%
Selective serotonin reuptake inhibitors (SSRIs)	23	15%
Valproïc acid	19	12%
Venlafaxine	9	6%
Other	16	10%

DSM Diagnostic and Statistical Manual of Mental Disorders

Performance of monitoring measurements before (at first appointment) and after introduction of the MOPHAR general somatic screening (n=155)

BMI Body Mass Index, eGFR estimated Glomerular Filtration Rate, AP Alkaline Phosphatase, ALT Alanine Transaminase, GT Gamma-glutamyltransferase, TSH Thyroid-stimulating Hormone, LDL Low-density Lipoprotein, HDL High-density Lipoprotein.