

## 1.6 NUTRITIONAL INTERVENTIONS FOR THE LONG-TERM MANAGEMENT OF ADULTS WITH BIPOLAR DISORDER

### Reference to included study:

Cheema N, Frangou S, McCrone P. Cost-effectiveness of ethyleicosapentaenoic acid in the treatment of bipolar disorder. Therapeutic Advances in Psychopharmacology. 2013;3:73-81.

Study ID Country Study type	Intervention details	Study population Study design Data sources	Costs: description and values Outcomes: description and values	Results: Cost-effectiveness	Comments
Cheema and colleagues (2013)  UK  Cost-utility analysis	<u>Interventions:</u>  Ethyl-eicosapentaenoic acid adjunctive to mood stabilisers (ethyl-EPA)  Placebo adjunctive to mood stabilisers	<u>Population:</u> Adults with bipolar I disorder in a stable (euthymic) state  <u>Study design:</u> Decision analytic modelling  <u>Source of effectiveness data:</u> Double-blind placebo-controlled RCT (FRANGOU2006) and further assumptions  <u>Source of resource use data:</u> RCT and further assumptions  <u>Source of unit cost data:</u> Published national sources	<u>Costs:</u> <i>Direct medical:</i> inpatient and outpatient care (psychiatric and non-psychiatric), emergency clinic, accident and emergency, day centre, day hospital, depot clinic, physician, psychologist, community psychiatric nurse, community nurse, GP, occupational therapist, social worker, sheltered workshop, work rehabilitation, home help, befriender, informal carer, ethyl-EPA  <u>Primary outcome:</u> QALYs  Costs and outcomes for each intervention not reported	Ethyl-EPA dominant  Results robust to various parameters tested in sensitivity analysis	<u>Perspective:</u> NHS and PSS <u>Currency:</u> UK£ <u>Cost year:</u> 2008/9 <u>Time horizon:</u> 1 year <u>Discounting:</u> NA <u>Applicability:</u> Directly applicable <u>Quality:</u> Very serious limitations Efficacy data for ethyl-EPA were based on a 12-week RCT of adults with bipolar depression, NOT adults in a stable state; cost and effectiveness data from the RCT were extrapolated to stable adults with bipolar disorder experiencing acute episodes, over 1 year; efficacy of ethyl-EPA in reducing depressive symptoms over 12 weeks was assumed to correspond to efficacy in preventing acute manic and depressive episodes over 1 year