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**Patient Adherence and Tolerability Profiles of AntiSeizure Drug (ASD) Use in Bipolar disorder**

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**Abstract**

Bipolar Disorder is a complex and recurrent mental health condition characterized by extreme mood swings, including manic and depressive episodes. Anticonvulsants have emerged as vital components in the pharmacological management of bipolar disorder, particularly for patients exhibiting rapid cycling and mixed features. The treatment of bipolar disorder often involves the use of anticonvulsants, which are increasingly recognized for their efficacy in mood stabilization. This abstract reviews the adherence and safety profiles associated with anticonvulsant use in this patient population, synthesizing findings from recent clinical studies and metaanalyses. Anticonvulsants such as valproate, carbamazepine and lamotrigine have demonstrated effectiveness in reducing the frequency of manic and depressive episodes in patients. However, medication adherence remains a significant challenge due to factors such as side effects, complex dosing regimens, and comorbid conditions. Research indicates that approximately 30-50% of patients may struggle with consistent adherence, adversely impacting treatment outcomes. The safety profiles of these medications are critical, as they can lead to side effects. This review highlights the importance of ongoing patient education, regular monitoring, and the establishment of therapeutic alliances to improve adherence rates. By addressing the challenges surrounding adherence and recognizing the diverse safety profiles of anticonvulsants, clinicians can enhance therapeutic effectiveness and improve overall patient wellbeing. Continued research is vital to develop tailored strategies that optimize treatment regimens for individuals living with bipolar disorder. In conclusion, anticonvulsants are a valuable therapeutic option in the management of bipolar disorder, warranting continued investigation to enhance clinical outcomes.

**KEYWORDS :** Bipolar disorder, Anticonvulsant, mood stabilization, carbamazepine, sodium valproate