

**Up the Down Staircase:
Addressing Adherence
in Relapsing Bipolar Disorder**

Sanjai Rao, MD, DFAPA

6


Title & Affiliation

Sanjai Rao, MD, DFAPA
 Clinical Professor of Psychiatry
 Associate Residency Training Director
 UCSD Department of Psychiatry
 Site Director, Residency Training
 VA San Diego Healthcare System

7

Disclosure

- Consulting Fee (e.g., Advisory Board): Janssen, Alkermes
- Speakers' Bureau: Janssen, Alkermes, Otsuka, Sunovion, Neurocrine"



8

Learning Objectives

- Describe the prevalence and impact of medication non-adherence in bipolar disorder
- Discuss barriers to medication adherence
- Identify potential non-pharmacologic and pharmacologic solutions to improve medication adherence
- Evaluate the role of long acting injectable (LAI) antipsychotics in the treatment of bipolar disorder



9

Introduction

- As with other chronic illnesses, patients with bipolar disorder struggle with medication non-adherence
 - Estimated prevalence of 20%-60%
- Significantly reduces medication effectiveness
- Can lead to worsening of symptoms and more frequent relapse
- Can result in significant psychosocial and medical consequences

10

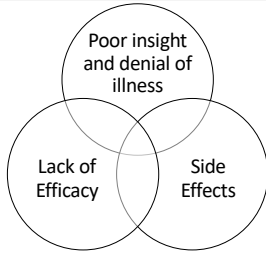
Barriers to Adherence

- Sociodemographic factors
 - Age <40, unmarried, non-white
- Clinical and illness characteristics
 - Early age of onset, severity of symptoms, rapid cycling, psychotic symptoms, personality disorders, cognitive deficits
- Psychosocial variables
 - Limited insight, denial of illness severity, concern about side effects, stigma, limited social support
- External barriers
 - Socioeconomic status, complexity of treatment regimen

Levin et al., CNS Drugs (2016) 30:819-835

11

Why Do Patients Choose to Stop Meds?



12

Non-Pharmacologic Interventions



13

Non-Pharmacologic Interventions

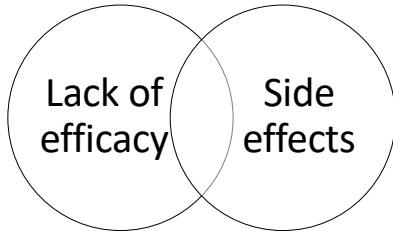
- Psychoeducation alone can be effective in improving adherence
- Multiple studies using motivational enhancement/ interviewing demonstrate increased adherence
- CBT, including novel approach using text messages, increased the number of patients who were adherent
- Getting \$\$\$ to return for LAI injections → significantly improved adherence



Levin et al., CNS Drugs (2016) 30:819–835

14

Pharmacologic Interventions



15

Menu for Mania/Mixed Episodes

- Lithium
- Valproic acid/divalproex
- Carbamazepine
- Most atypical antipsychotics
- Typical antipsychotics are not FDA indicated but can be effective for acute mania/mixed episodes*



*OFF LABEL

16

Mania/Mixed Episode Treatment

- Can use almost anything, so choice will depend on prior response, side effect profile, etc
- Resolving acute mania often requires aggressive dosing
- Whenever possible, consider long term tolerability of your initial treatment choice
 - ie, do you really want to start your 21-year-old first episode patient on olanzapine?
- Lithium/divalproex + antipsychotic = faster response but also more side effects

Yatham LN et al., Bipolar Disord. 2018 Mar; 20(2): 97-170

17

Bipolar Depression Treatment

- Far fewer options with evidence than in mania/mixed
 - Quetiapine, olanzapine/fluoxetine, lurasidone, cariprazine
 - Lithium not indicated but has extensive evidence
 - Lamotrigine not indicated, has evidence, may be better for relapse prevention in bipolar depression than acute treatment
- Some agents that are commonly used in clinical practice actually have negative studies
 - Divalproex
 - Carbamazepine
 - Aripiprazole



Yatham LN et al.; Bipolar Disord. 2018 Mar; 20(2): 97-170

18

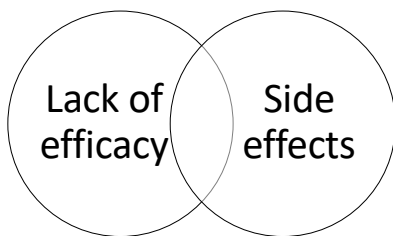
What About Antidepressants?

- Typically don't improve depressive symptoms over mood stabilization alone
 - Possible exception: bipolar 2 disorder, predominantly depressed
- You still get the side effects
- May lead to increased mood lability
 - Increased risk of mania/hypomania with SNRIs, even when adequately mood stabilized
- Reduced adherence to entire regimen due to lack of efficacy and increased side effects

Yatham LN et al.; Bipolar Disord. 2018 Mar; 20(2): 97-170

19

Pharmacologic Interventions



20

Side Effects Leading to Discontinuation

- Weight gain/metabolic
- Sedation
- Sexual side effects
- Tremors
- Perceived cognitive impairment
 - [Resolution of mania/hypomania]



Mago et al.; Harvard Review of Psychiatry. November/December 2014 - Volume 22 - Issue 6 - p 363-366

21

Weight Gain/Metabolic

- Typically associated with atypical antipsychotics; varies with drug
- Cause not fully understood but likely combination of H₁ and 5HT_{2a} antagonism
 - High: olanzapine
 - Moderate: quetiapine > risperidone
 - Low: aripiprazole, cariprazine > lurasidone/ziprasidone
- Lithium and traditional mood stabilizers cause modest weight gain, no significant changes in glucose/lipids
 - Divalproex + antipsychotic (especially olanzapine) = increased weight gain vs antipsychotic alone



Marteene W, et al. Expert Opin Drug Saf. 2019;18(12):1149-1160.

22

Weight Gain/Metabolic Treatment

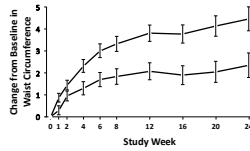
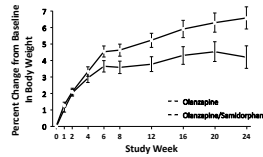
- Conventional options
 - Lifestyle → Can work, but many can't follow it
 - Switch drug → Can work, but no guarantee of efficacy with 2nd drug
- What about dose reduction?
 - Within FDA dose range, metabolic effects of atypical antipsychotics are mostly dose independent
- Adjunctive treatment* (OFF LABEL)
 - Metformin
 - Topiramate

Marteene W, et al. Expert Opin Drug Saf. 2019;18(12):1149-1160.

23

Olanzapine/Samidorphan for Weight Gain

- Samidorphan = μ -opioid antagonist
 - May reduce perceived reward from food intake
 - Similar (but lower magnitude) effect also observed with naltrexone



Correll CU, et al. *Am J Psychiatry*. 2020;177(12):1168-1178.

24

Sedation

- Primarily due to H₁ antagonism, modest contribution from Alpha₁ antagonism
 - High: olanzapine, quetiapine
 - Moderate: risperidone
 - Low: aripiprazole, cariprazine, lurasidone, ziprasidone
- Lithium, divalproex not intrinsically sedating but can sometimes increase sleep just through antimanic effects
- Bedtime dosing is best for more sedating medications



Mago et al.; *Harvard Review of Psychiatry*; November/December 2014 - Volume 22 - Issue 6 - p 363-366

25

Sexual Side Effects

- Likely due to prolactin elevation
- Tuberoinfundibular pathway regulates prolactin
 - (Hypothalamus → pituitary)
 - Inhibited by endogenous dopamine
- D₂ antagonism increases prolactin output
 - High: risperidone, haloperidol
 - Moderate: olanzapine, lurasidone, ziprasidone
 - Low: aripiprazole (and other partial agonists)
- Gynecomastia, galactorrhea, amenorrhea, decreased libido



Labad J, et al. *Data Brief*. 2020;31:105904.

26

Prolactin Elevation — Treatment

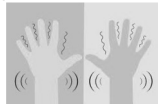
- No reason to check random prolactin in asymptomatic patients!
- Classic strategy: lower D₂ antagonism
 - Dose reduction
 - Switch to drug with lower D₂ potency
 - Bromocriptine* (D₂ agonist) has also been used, but risk of increased psychosis/mania
- New strategy: add low dose aripiprazole*
 - Multiple RCTs show reduction in prolactin
 - Typically only need 5 mg/day (range 2.5-10 mg)
 - Mechanism: aripiprazole binds D₂ receptor with much higher affinity than any 1st/2nd generation D₂ antagonist; partial agonist activity = reduced prolactin

Labad J, et al. Data Brief. 2020;31:105904.

27

Tremors

- Lithium → fine hand tremor, dose dependent, intention
 - 10% or more of patients, possibly 5x discontinuation rate
 - Much more common earlier in treatment, often resolves later
 - Fully reversible with lithium discontinuation
- Divalproex → fine tremor of head, mouth, tongue, limbs
 - Better with controlled release formulations
- Antipsychotics → 4-6Hz parkinsonian tremor
 - Largely depends on potency of D₂ antagonism



Mago et al.; Harvard Review of Psychiatry: November/December 2014 - Volume 22 - Issue 6 - p 363-366

28

Tremors — Treatment

- Lithium/divalproex tremors¹
 - Dose reduction if possible
 - Propranolol/metoprolol have the best evidence
 - Case studies with benefit from cyproheptadine, primidone, diphenhydramine, benztrapine, and others, but this is more variable
- Antipsychotic/parkinsonian tremors²
 - Dose reduction or switch to agent with less D₂ potency, if possible
 - Amantadine as effective as benztrapine, with fewer side effects

1. Gitlin; Int J Bipolar Disord. 2016; 4: 27; 2. Mamo et al; Drug Saf. 1999 Mar;20(3):269-75

29

An Ode to Lithium

- Likely underutilized due to recent trend towards atypical antipsychotics in bipolar disorder
- Efficacy in mania/mixed and bipolar depression
- No metabolic issues or EPS
- Possible neuroprotective effects
- Suicide prevention



Won et al; Int J Mol Sci. 2017 Dec; 18(12): 2679.

30

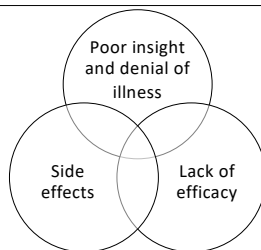
How to Dose Lithium

- Very common side effect leading to discontinuation is polyuria
 - Lithium makes collecting duct cells less responsive to ADH ("diabetes insipidus")
 - Degree of effect depends on time of exposure
 - Can be minimized by giving single dose of short acting lithium at night, rather than BID or extended release formulations
- But! → some patients can't tolerate GI effect of large dose of lithium
 - Spread out their dose a little more to balance polyuria with GI effects

Won et al; Int J Mol Sci. 2017 Dec; 18(12): 2679.

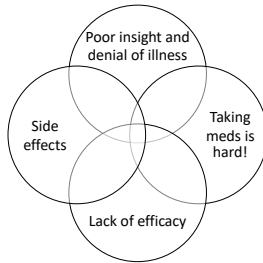
31

Why Do Patients Choose to Stop Meds?



32

Why Do Patients Choose to Stop Meds?



33

Taking Meds is Hard!

- Encourage use of pill boxes, coordinate dose with activities
- Adherence decreases as medication regimen gets more complex
 - Combination therapy may have greater efficacy
 - More medications → lower adherence
- Frequency of dosing
 - Almost no one can reliably take medications TID
 - Most of our treatments can be dosed once/day
- Leverage dosing times to improve side effects
 - ex: sedating medications given once/day at night



Levin et al., CNS Drugs (2016) 30:819-835

34

Advantages of Long Acting Injections

- If the patient takes the injection, adherence is assured
- Stable plasma levels with less peak to trough fluctuation
 - Equal or increased efficacy
 - Sometimes fewer side effects than oral counterparts
- Lack of adherence can be rapidly identified and acted upon
 - No immediate drop in drug levels



35

Evidence for LAI Use in Bipolar Disorder

- Most data on LAI's come from schizophrenia studies
- LAI studies in bipolar disorder show:
 - Decreases in mania/mixed episodes
 - Reduced hospitalizations
 - Decreased length of hospitalization
 - Increased treatment adherence

Greene et al; Journal of Medical Economics, 2018 Vol. 21, No. 2, 127-134

36

LAI Options in Bipolar Disorder

- Only two LAI options are FDA approved for bipolar disorder:
 - Risperidone microspheres (Risperdal Consta)
 - Aripiprazole monohydrate (Abilify Maintenna)
- However, my OFF LABEL opinion:
 - Several oral antipsychotics with LAI versions are indicated for bipolar disorder
 - Risperidone, aripiprazole, olanzapine
 - LAI versions of these drugs deliver the same drug, with comparable plasma levels and side effect profile*

*OFF LABEL

37

Available LAI Medications

- Risperidone/paliperidone
 - Risperidone microspheres (Consta)
 - Risperidone subcutaneous (Perseris)*
 - Paliperidone palmitate monthly (Sustenna)*
 - Paliperidone palmitate 3-months (Trinza)*
- Aripiprazole
 - Aripiprazole monohydrate (Maintenna)
 - Aripiprazole lauroxil (Aristada)*
- Olanzapine
 - Olanzapine pamoate (Relprevv)*
- 1st generation
 - Haloperidol decanoate (Haldol Dec)*
 - Fluphenazine decanoate (Prolixin Dec)*



*OFF LABEL

38

Why Don't We Use LAIs More Often?

- Historically, we have been trained that they are only for treatment resistant and non-adherent patients
- Stigma/perception that LAI = taking away patient's rights
- Current bipolar disorder treatment guidelines have them as options, but do not necessarily encourage them



39

Will Patients Actually Take LAIs?

- Schizophrenia literature suggests that they will
- There are negative, neutral, and positive ways of offering an LAI
- In one study, 96% of patients were willing to try an LAI after a positive offer¹

Negative	Neutral	Positive
<ul style="list-style-type: none"> • "Since you're not taking your meds, I think you should go on the shot." 	<ul style="list-style-type: none"> • "So... do you want to take pills or get the shot?" 	<ul style="list-style-type: none"> • "Would it be nicer for you to take your medication once a month instead of every day?"

1. Weiden et al. J Clin Psychiatry, 2015 Jun;76(6):684-90.

40

Summary

- Medication discontinuation is common in bipolar disorder, and leads to reduced medication effectiveness, worsening of symptoms, relapse, and psychosocial and medical comorbidity
- Barriers to adherence include poor insight/illness denial, lack of efficacy, and medication side effects
- Non-pharmacologic interventions such as psychoeducation, motivational interviewing, CBT, and \$\$\$, can improve adherence
- Bipolar mania/mixed episodes can be treated by many agents/combinations; important to balance speed of response with long term tolerability

41

Summary

- Far fewer options for bipolar depression; in general antidepressants don't work and add side effects
- Side effects are a common reason for discontinuation, but in many cases can be reduced with proper management
- Taking medication every day is hard, so try to simplify regimen
- LAIs have been demonstrated to improve treatment adherence and reduce manic/mixed episodes and hospitalizations
- With good education, many patients will be willing to take an LAI

42

THANK YOU!



QUESTIONS?

43