Plain Language Summary

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Real-World Lumateperone Dosing Patterns and Treatment Duration in Bipolar Depression

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What do these results mean for individuals with bipolar depression?
In this retrospective observational cohort study, patients who either started on lumateperone at a dose of 42 mg or started at a lower dose and increased to 42 mg, stayed on treatment for longer than those who remained on lower doses.

- **Bipolar depression**: Periods of depressive episodes experienced by adults with bipolar I or bipolar II disorder which are associated with increased suicide risk and reduced quality of life
- **Lumateperone**: An atypical antipsychotic approved for the treatment of depressive episodes associated with bipolar I or II disorder that has been shown to improve depressive symptoms in adults in clinical trials

What was the purpose of this study?
To understand dosing patterns and treatment duration of lumateperone in patients with bipolar depression in a real-world setting.

How was the study conducted and what was the design?
Deidentified commerical claims data from two databases (MarketScan and HealthVerity Commercial) between January 1, 2022, and January 30, 2026, were retrospectively analyzed. Adult patients (≥18 years) were eligible if they had a diagnosis of bipolar depression and no schizophrenia diagnosis.

Patients were categorized into three groups based on lumateperone starting dose:

- **Group 1**: Starting at 42 mg
- **Group 2**: Starting at a dose below 42 mg and increasing to 42 mg
- **Group 3**: Starting at a dose below 42 mg without a dose increase

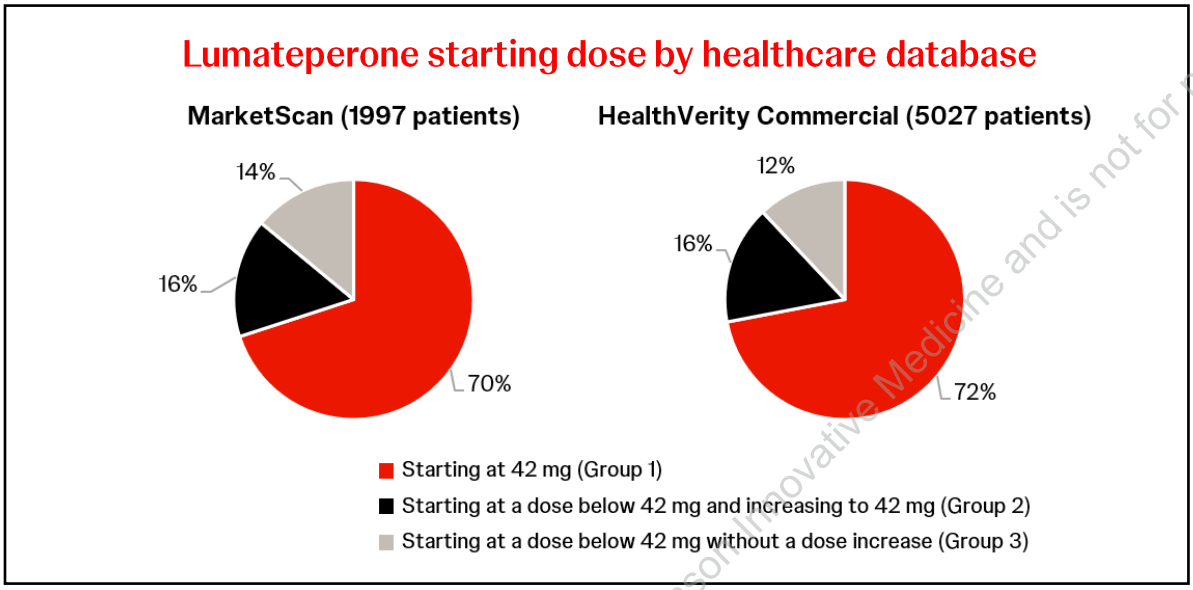
Researchers compared the groups using statistical methods to make the results fair and accurate

What were the results of the study?

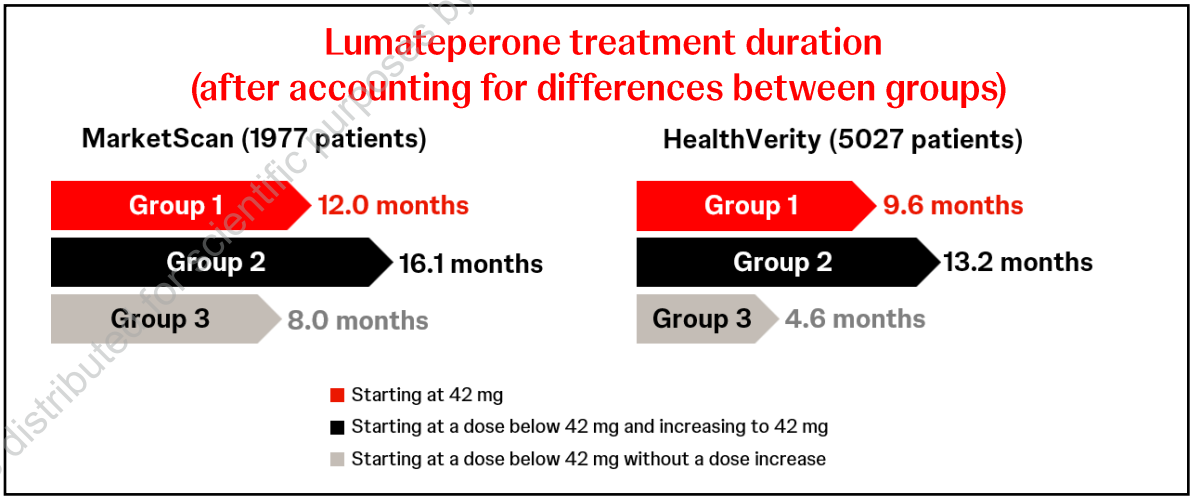
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Among the 7024 patients included in the study across both databases, the average age ranged from 38.0 to 40.1 years, and anxiety disorder was the most common co-existing condition (76.7%–82.3%). Most patients started lumateperone at a dose of 42 mg (70%–72%; Group 1).



Patients who started on or increased their dose to 42 mg (Groups 1 and 2) stayed on lumateperone longer compared to those who remained on lower doses (Group 3). The results were similar before and after accounting for differences between patient groups.



What were the limitations of this study?

The study only included patients who were commercially insured in the US, which means the findings might not be generalizable to broader population groups.

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