

S29-03 - WEB-BASED PSYCHOEDUCATION FOR BIPOLAR DISORDER

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Introduction: Psychoeducational interventions are promising long-term therapeutic options for bipolar disorder. We have developed a novel, web-based psychoeducational treatment for bipolar disorder, called “Beating Bipolar” www.BeatingBipolar.org. This was developed using an interactive process involving several focus groups with patients, carers, families and professionals. The key areas covered in the package are: i) diagnosis; ii) causes; iii) medication; iv) lifestyle; v) relapse prevention and early intervention; vi) psychological approaches; vii) gender-specific considerations and viii) advice for family and carers. The 8 modules are delivered online on a fortnightly basis over a four-month period.

Objectives and aims: We aim to test the acceptability of the package to users and are currently conducting an exploratory randomised clinical trial (Trial registration: [ISRCTN81375447](https://www.isrctn.com/ISRCTN81375447)).

Methods: The primary outcome measure will be quality of life, measured using the WHOQOL-Bref, and secondary outcome assessments will include scores on the Global Assessment of Functioning (GAF), the Functioning Assessment Short Test (FAST), the Schedule of Assessment of Insight (SAI), the Montgomery Asberg Depression Rating Scale (MADRS), the Young Mania Rating Scale (YMRS), and the number and severity of depressive and manic or hypomanic episodes experienced during the 10-month follow-up period. An assessment of costs and a detailed process evaluation involving qualitative interviews with participants will also be completed.

Results: Initial findings will be presented during the symposium.

Conclusions: It is expected that findings from this exploratory trial will inform the design of a definitive randomised controlled trial of this intervention in the future.