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Towards Improved Quality of Life In Late Stage Bipolar Disorder: Development of a Comparative Effectiveness Trial of Two Online Therapies

Presentation Abstract

This project aims to address multiple challenges in offering effective adjunctive psychosocial interventions to people with bipolar disorder. First, access to specialized psychological interventions for people with bipolar disorder is very limited. Second, there is evidence that people who have had a large number of episodes of bipolar disorder may not benefit from existing cognitive-behavioral interventions. Finally, little is known about interventions that specifically target quality of life outcomes.

Our international group of researchers, clinicians and consumers was funded by the Australian National Health and Medical Research Council to develop and trial two contrasting online interventions for people who have experienced 10 or more episodes. We have spent 18 months developing the interventions, and recruitment for the trial commenced in August 2017.

This talk will report on our learnings around a) content development in the online space, b) developing best-practice risk-management protocols in the online environment, and c) preliminary experiences of the trial.