

ABSTRACT FROM THE STAR RESEARCH GRANTS AWARDED (2008)

Title: The Clinical Effectiveness of Specialist Supportive Care for Patients with Bipolar Disorder

Lead investigator: Associate Professor Marie Crowe

This feasibility project is a cross-disciplinary, cross-institutional randomised control trial of Specialist Supportive Care (SSC) for people with a diagnosis of bipolar disorder. The specific objectives are:

1. To examine the effectiveness of a nine month psychotherapy intervention (Specialist Supportive Care) in improving self-management for people with a bipolar disorder receiving mental health care from a Community Mental Health Service.
2. To examine the relationship between the delivery of Specialist Supportive Care and improved self-efficacy, functioning (general health, activity, work and social functioning) and depressive symptoms.
3. To explore how people experience receiving the psychotherapy.

There are two parts: Part A uses quantitative methodology and examines the relationship between Specialist Supportive Care and self-efficacy, functioning and depressive symptoms. Part B uses qualitative methodology to explore patients' experiences of receiving psychotherapy and its impact on self-efficacy. The potential health outcomes relate to improved management of symptomatology, self-efficacy and level of functioning.