Bipolar Interactive PsychoEDucation trial

Submission date 21/10/2008	Recruitment status No longer recruiting
Registration date 20/11/2008	Overall study status Completed
Last Edited 05/12/2017	Condition category Mental and Behavioural Disorders

[X] Prospectively registered

[X] Protocol

[] Statistical analysis plan

[X] Results

[] Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s) Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers SPON611-08

Study information

Scientific Title

An exploratory (phase II) trial of a novel interactive psychoeducational intervention for bipolar disorder

Acronym

BIPED

Study objectives

The aim of this study is to conduct an exploratory (phase II) trial of a novel interactive psychoeducational intervention for bipolar disorder. The objective of the trial is to assess the efficacy of the intervention in terms of impact on quality of life, levels of psychosocial functioning and experiences of both depressive and manic symptoms.

Ethics approval required

Old ethics approval format

Ethics approval(s) Application submitted to South East Wales Research Ethics Committee on 16/10/2008.

Study design Single site exploratory randomised controlled trial

Primary study design Interventional

Secondary study design Randomised controlled trial

Study setting(s) Not specified

Study type(s) Quality of life

Participant information sheet Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied Bipolar disorder

Interventions

BEATING BIPOLAR is a novel interactive psychoeducational intervention. It involves a blending of different delivery mechanisms, with initial face-to-face delivery to focus on engagement, followed by written and web-based interactive delivery of factual content. The online content requires the reader to be engaged in a number of interactive exercises which maximise longterm retention of the material.

The key areas covered in the package are:

1. The accurate diagnosis of bipolar disorder

2. The causes of bipolar disorder

- 3. The role of medication
- 4. The role of lifestyle changes
- 5. Relapse prevention and early intervention
- 6. Psychological approaches
- 7. Gender-specific considerations
- 8. Advice for family and carers

The eight modules are delivered online on a fortnightly basis over a four-month period. There is an initial face-to-face introductory meeting with participants and each module is discussed within an online discussion forum for participants. This forum will facilitate peer support and will allow us to provide clarification of module content, answer questions from participants and provide on-going support with engagement. The online forum will also be important in terms of assessing the acceptability of the intervention.

The control group will received treatment as usual. The intervention will begin within 2 weeks of randomisation and treatment will last for 4 months. Outcome assessments for this study will occur 6 months after the end of the intervention.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Quality of life, assessed using the World Health Organization Quality of Life Questionnaire (WHOQOL-Bref). Outcome assessments will occur 6 months after the end of the intervention.

Secondary outcome measures

- 1. Global Assessment of Functioning (GAF) scores
- 2. Functioning Assessment Short Test (FAST) scores
- 3. Schedule of Assessment of Insight (SAI) scores

4. Current depressive symptoms according to the Montgomery-Asberg Depression Rating Scale (MADRS) and current manic symptoms according to the Young Mania Rating Scale (YMRS) scale 5. All participants will be re-assessed using the Mini International Neuropsychiatric Interview (MINI) applied to the 6 month follow-up period in order to obtain information about the number and severity of depressive and manic symptoms and number of episodes of depression and mania or hypomania experienced during this follow-up period 6. Cost-effectiveness analysis of the intervention

Outcome assessments will occur 6 months after the end of the intervention.

Overall study start date

01/04/2009

Completion date

31/03/2011

Eligibility

Key inclusion criteria

 Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria of bipolar disorder (including type I and type II)
Male and female
Aged between 18 - 65 years

Participant type(s)

Patient

Age group

Adult

Lower age limit 18 Years

Sex

Both

Target number of participants 100

Key exclusion criteria

Inability to engage fully in the psychoeducational programme (for example, because of cognitive impairment or not having English language of sufficient ability).

Date of first enrolment 01/04/2009

Date of final enrolment 31/03/2011

Locations

Countries of recruitment United Kingdom

Wales

Study participating centre Department of Psychological Medicine Cardiff United Kingdom CF14 4DW

Sponsor information

Organisation Cardiff University (UK)

Sponsor details c/o Dr Kathryn Pittard Davies Research and Commercial Division

30 - 36 Newport Road Cardiff Wales United Kingdom CF24 0DE

Sponsor type University/education

Website http://www.cf.ac.uk/

ROR https://ror.org/03kk7td41

Funder(s)

Funder type Government

Funder Name

National Institute of Health Research (NIHR) (UK) - postdoctoral fellowship funded by the Welsh Assembly Govenment (ref: CRES4050)

Results and Publications

Publication and dissemination plan Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary Not provided at time of registration

Study outputs

Output type Details

<u>Protocol article</u>	protocol	12/08/2009	Yes	No
Results article	results of exploratory trial	01/08/2011	Yes	No
<u>Results article</u>	results	08/07/2015	Yes	No