

# Psychoeducation versus cognitive-behavioral therapy in bipolar disorder

**Submission date**  
26/09/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
26/09/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☐ Results

**Last Edited**  
18/04/2008

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

☐ Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
MCT-55404

## Study information

**Scientific Title**

**Study objectives**

To compare the impact of cognitive-behavioral therapy to that of properly structured psycho education on the illness burden and functional outcome of bipolar disorder, in combination with pharmacotherapy

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Centre for Addiction and Mental Health Research Ethics Board, Toronto, ON, July 9, 2001

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Not Specified

**Health condition(s) or problem(s) studied**

Bipolar Disorder

**Interventions**

Control group: 6 sessions of group psycho-education (topics include illness recognition, treatment approaches, and monitoring and coping strategies; based on manual by Bauer & McBride, 2002: Life Goals Phase I)

Experimental group: 20 sessions of individual Cognitive Behavioural Therapy for Bipolar Disorder (topics include limited psychoeducation, activity scheduling/behavioural interventions, cognitive techniques, including thought monitoring and challenges to dysfunctional assumptions and other coping techniques; based on manual by Lam et al., 1999: Cognitive Therapy for Bipolar Disorder)

Trial details received: 12 Sept 2005

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Mania and depression

**Key secondary outcome(s)**

1. Health care utilization
2. Social and occupational functioning scales
3. Quality of life

**Completion date**

31/03/2005

# Eligibility

## Key inclusion criteria

1. Bipolar I and II
2. Currently either in remission or subsyndromally ill (Ham-D-29 <14; CARS-M <12)
3. Age ≥18, either sex
4. Significant symptoms and/or episodes on at least 2 occasions in the past 3 years
5. Grade 6 education able to understand English, and Folstein Minimental Score Exam >26 to ensure cognitive ability to participate
6. On mood-stabilizing medication.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Key exclusion criteria

1. Substance dependence meeting DSM-IV criteria within the last 3 months
2. Acutely high suicidal or homicidal
3. Serious other medical conditions that would render pharmacotherapy or psychotherapy very difficult i.e. cancer, severe diabetes etc.
4. Severe antisocial or borderline personality disorder

## Date of first enrolment

01/04/2002

## Date of final enrolment

31/03/2005

# Locations

## Countries of recruitment

Canada

## Study participating centre

Toronto Western Hospital

Toronto

Canada  
M5T 2S8

## Sponsor information

### Organisation

University of Toronto (Canada)

### ROR

<https://ror.org/03dbr7087>

## Funder(s)

### Funder type

Research organisation

### Funder Name

Canadian Institutes of Health Research (CIHR) (Canada) - <http://www.cihr-irsc.gc.ca> (ref: MCT-55404)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration