

Bipolar Interactive PsychoEDucation trial

Submission date 21/10/2008	Recruitment status No longer recruiting	☒ Prospectively registered ☒ Protocol
Registration date 20/11/2008	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 05/12/2017	Condition category Mental and Behavioural Disorders	☐ 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

Protocol serial number
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.

Primary study design

Interventional

Study design

Single site exploratory randomised controlled trial

Study type(s)

Quality of life

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 long-term 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(s)

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.

Key secondary outcome(s)

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.

Completion date

31/03/2011

Eligibility**Key inclusion criteria**

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

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

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)

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 Government (ref: CRES4050)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results of exploratory trial	01/08/2011		Yes	No
Results article	results	08/07/2015		Yes	No
Protocol article	protocol	12/08/2009		Yes	No