

Relapse Prevention in Patients With Bipolar Disorder: Cognitive Therapy Outcome After 2 Years

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Objective: In a previous randomized controlled study, the authors reported significant beneficial effects of cognitive therapy for relapse prevention in bipolar disorder patients up to 1 year. This study reports additional 18-month follow-up data and presents an overview of the effect of therapy over 30 months.

Method: Patients with DSM-IV bipolar I disorder ($N=103$) suffering from frequent relapses were randomly assigned into a cognitive therapy plus medication group or a control condition of medication only. Independent raters, who were blind to patient group status, assessed patients at 6-month intervals.

Results: Over 30 months, the cognitive therapy group had significantly better outcome in terms of time to relapse. However, the effect of relapse prevention was mainly in the first year. The cognitive therapy group also spent 110 fewer days

(95% CI=32 to 189) in bipolar episodes out of a total of 900 for the whole 30 months and 54 fewer days (95% CI=3 to 105) in bipolar episodes out of a total of 450 for the last 18 months. Multivariate analyses of variance showed that over the last 18 months, the cognitive therapy group exhibited significantly better mood ratings, social functioning, coping with bipolar prodromes, and dysfunctional goal attainment cognition.

Conclusions: Patients in the cognitive therapy group had significantly fewer days in bipolar episodes after the effect of medication compliance was controlled. However, the results showed that cognitive therapy had no significant effect in relapse reduction over the last 18 months of the study period. Further studies should explore the effect of booster sessions or maintenance therapy.

(*Am J Psychiatry* 2005; 162:324–329)

In the last few years, evidence for the efficacy of psychotherapy specific for bipolar disorder is emerging (1–3). We recently reported a randomized controlled study of a relapse prevention approach that showed significant beneficial short-term effects of cognitive therapy for up to 1 year (4). Over the 12-month period, the cognitive therapy group had significantly fewer bipolar episodes, fewer days in bipolar episodes, and fewer bipolar admissions. The cognitive therapy group also had significantly higher social functioning and showed less mood symptoms on the monthly mood questionnaires. However, given the frequent relapsing nature of bipolar disorder (5, 6), a longer-term follow-up period is of paramount importance if cognitive therapy is to be a successful form of treatment. Furthermore, cognitive therapy traditionally has a large skill acquisition component. If therapy results in skill acquisition, it should delay or prevent relapses. Hence, a longer-term follow-up period will provide an estimate of the enduring effect of cognitive therapy.

The purpose of this article is to report an additional 18 months of follow-up data for the original treatment trial, resulting in a total of 30 months of data (6 months of treatment and 2 years of follow-up evaluations). Apart from important clinical data such as bipolar episodes, the length of episodes, and social functioning, we also report changes in

coping with bipolar prodromes and in cognitive dysfunctional beliefs.

Our primary hypotheses were as follows:

1. Relative to subjects in a control condition, patients assigned to cognitive therapy would have fewer bipolar episodes and fewer days in bipolar episodes.
2. Relative to subjects in a control condition, patients assigned to cognitive therapy would have higher social functioning, better coping strategies for bipolar prodromes, and lower dysfunctional high goal attainment attitudes.

Our secondary hypotheses were that compared with subjects in a control condition, patients assigned to cognitive therapy would have lower depression and mania mood scores and show better medication compliance.

Method

Procedure and Assessment

After the study had been fully explained, written informed consent was obtained. Patients who were found suitable for the study were randomly allocated either to the control condition ($N=52$) or to the cognitive therapy group ($N=51$). The computer-generated allocation sequence was concealed in sequentially numbered and sealed opaque envelopes. Patients in the control condition

Relapse Prevention In Bipolar

Alan Carr, Muireann McNulty



Relapse Prevention In Bipolar:

Preventing Bipolar Relapse Ruth C. White,2014-05-01 For people with bipolar disorder the path to wellness often involves psychiatric visits and medication adjustments But what if there was a way to avoid future episodes In *Preventing Bipolar Relapse* bipolar expert Ruth C White shares her own personal approach to relapse prevention using the innovative program SNAP Sleep Nutrition Activity and People White also offers practical tips and tracking tools readers can use anytime anywhere By making necessary lifestyle adjustments readers can maintain balanced moods recognize the warning signs of an oncoming episode and make the necessary changes to reduce or prevent it *Relapse Prevention in Bipolar Disorder* John Sorensen,2006-03-24 Pack includes 10 refill workbooks for use in administering the Sorensen Therapy for Instability in Mood STIM as presented in *Relapse Prevention in Bipolar Disorder* 1902806565 a treatment manual for therapist and client

Workbook for John Sorensen,2005 Integrated Group Therapy for Bipolar Disorder and Substance Abuse Roger D. Weiss,Hilary Smith Connery,2011-03-11 Packed with practical clinical tools this book presents an empirically supported treatment expressly designed for clients with both bipolar disorder and substance use disorders Integrated group therapy teaches essential recovery behaviors and relapse prevention skills that apply to both illnesses The volume provides a complete session by session overview of the approach including clear guidelines for setting up and running groups implementing the cognitive behavioral treatment techniques and troubleshooting frequently encountered problems In a large size format for easy reference and photocopying the book features 29 reproducible handouts and forms Subject Areas Keywords addictions alcoholism assessments bipolar disorder CBT cognitive behavioral therapy co occurring counseling drugs dual diagnosis groups IGT integrated group therapy interventions mood disorders psychotherapy relapse prevention substance abuse substance use disorders treatments Audience Clinical psychologists social workers substance abuse counselors psychiatrists and other clinicians who treat clients with substance use and mood disorders Provided by publisher

Key Topics in Psychiatry Sheena C. Jones,Kate Roberts,2007-01-01 This title is directed primarily towards trainee psychiatrists sitting MRCPsych or similar exams and qualified psychiatrists It summarizes information on a wide range of topics such as important journal articles clinical trials government White Papers guidelines and rating scales which are vital for both good exam performance and clinical practice but which are not available elsewhere between one set of covers Brings together information from disparate sources on the major areas of psychiatry saves much trawling through journals and other sources Covers the vital areas for each topic as relevant summaries of journal articles clinical trials government directives national guidelines Presents the information in an easily accessible form through the use of bullet points lists tables and diagrams Invaluable for the hard pressed exam candidate revising for the essay paper and clinical sections of Part II of the MRCPsych and similar exams Also highly relevant for psychiatric CPD and for day to day practice Clinical Handbook for the Management of Mood Disorders J. John Mann,Patrick J. McGrath,Steven P. Roose,2013-05-09 This Clinical

Handbook for the Management of Mood Disorders will equip clinicians with the knowledge to refine their diagnostic skills and implement treatment plans for mood disorders based on the most up to date evidence on interventions that work. Covering the widest range of treatments and techniques it provides clear guidance for the management of all types and subtypes of both minor and major depression. Chapters cover the latest and most innovative treatments including use of ketamine, deep brain stimulation and transcranial magnetic stimulation, effective integration of pharmacological and psychotherapeutic approaches as well as providing a thought provoking look at the future research agenda and the potential for reliable biomarkers. This is the most comprehensive review of depression available today. Written and edited by leading experts mostly from Columbia University, this is an essential resource for anyone involved in the care and treatment of patients with mood disorders.

CBT for Psychosis Roger Hagen, Douglas Turkington, Torkil Berge, Rolf W. Gråwe, 2013-09-05. This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). CBT for Psychosis shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis. Stressing the important connection between mental illness and mental health, further topics of discussion include the assessment and formulation of psychotic symptoms, how to treat psychotic symptoms using CBT, CBT for specific and co-morbid conditions, CBT of bipolar disorders. This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

Progress in Neurotherapeutics and Neuropsychopharmacology: Volume 2, 2007 Jeffrey L. Cummings, 2007-04-12. An essential update of recent clinical trials in the management of neurological and neuropsychiatric disorders.

NeuroPsychopharmacotherapy Peter Riederer, Gerd Laux, Toshiharu Nagatsu, Weidong Le, Christian Riederer, 2022-11-04. This book provides a reference guide describing the current status of medication in all major psychiatric and neurological indications together with comparisons of pharmacological treatment strategies in clinical settings in Europe, USA, Japan and China. In addition, it highlights herbal medicine as used in China and Japan as well as complementary medicine and nutritional aspects. This novel approach offers international readers a global approach in a single dedicated publication and is also a valuable resource for anyone interested in comparing treatments for psychiatric disorders in three different cultural areas. There are three volumes devoted to Basic Principles and General Aspects offering a general overview of psychopharmacotherapy, Vol 1: Classes, Drugs and Special Aspects covering the role of psychotropic drugs in the field of psychiatry and neurology, Vol 2 and Applied Psychopharmacotherapy focusing on applied psychopharmacotherapy, Vol 3. These books are invaluable to psychiatrists, neurologists, neuroscientists, medical practitioners and clinical psychologists.

Cognitive-Behavior Therapy for Severe Mental Illness, Second Edition Jesse H. Wright, M.D., Ph.D., Douglas Turkington, M.D., David G. Kingdon, M.D., Monica Ramirez Basco, Ph.D., 2025-07-24. *Issues in Clinical Psychology, Psychiatry, and Counseling: 2011 Edition*, 2012-01-09.

Issues in Clinical Psychology Psychiatry and Counseling 2011 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Clinical Psychology Psychiatry and Counseling The editors have built Issues in Clinical Psychology Psychiatry and Counseling 2011 Edition on the vast information databases of ScholarlyNews You can expect the information about Clinical Psychology Psychiatry and Counseling in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Clinical Psychology Psychiatry and Counseling 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

The Handbook of Adult Clinical Psychology Alan Carr, Muireann McNulty, 2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5 Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have been added The book is divided into 6 sections Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and depersonalization disorder Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material Interventions from

cognitive behavioural psychodynamic interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the problem in question Skill building exercises and further reading for psychologists and patients are included at the end of each chapter This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy

High-yield Cognitive-behavior Therapy for Brief Sessions Jesse H. Wright, Donna M. Sudak, Douglas Turkington, Michael E. Thase, 2010 This book explains how to weave together the powerful tools of CBT with pharmacotherapy in sessions shorter than the traditional 50 minute hour Written for psychiatrists therapists and other clinicians the book details ways to enrich brief sessions with practical CBT interventions that work to relieve symptoms and promote wellness

Mindfulness-Based Treatment Approaches Ruth A. Baer, 2014-06-30 The second edition of Mindfulness Based Treatment Approaches discusses the conceptual foundation implementation and evidence base for the four best researched mindfulness treatments mindfulness based stress reduction MBSR mindfulness based cognitive therapy MBCT dialectical behavior therapy DBT and acceptance and commitment therapy ACT Eastern spiritual traditions have long maintained that mindfulness meditation can improve well being More recently mindfulness based treatment approaches have been successfully utilized to treat anxiety depressive relapse eating disorders psychosis and borderline personality disorder All chapters in this new edition are written by researchers with extensive clinical experience Each chapter includes the conceptual rationale for using a mindfulness based treatment and a review of the relevant evidence base A detailed case study illustrates how the intervention is implemented in real life exploring the clinical and practical issues that may arise and how they can be managed This book will be of use to clinicians and researchers interested in understanding and implementing mindfulness based treatments Covers anxiety depression eating psychosis personality disorders stress pain relationships and more Discusses a wide range of populations children adolescents older adults couples and settings outpatient inpatient medical mental health workplace Clinically rich illustrative case study in every chapter International perspectives represented by authors from the US Canada UK and Sweden

Handbook of Evidence-based Psychotherapies Chris Freeman, Mick Power, 2007-03-13 At a time when evidence is everything the comprehensive Handbook of Evidence Based Psychotherapies handbook provides a unique up to date overview of the current evidence base for psychological therapies and major psychological disorders The editors take a pluralistic approach covering cognitive and behavioural therapies as well as counselling and humanistic approaches Internationally renowned expert contributors guide readers through the latest research taking a critical overview of each practice s strengths and weaknesses A final chapter provides an overview for the future

Psychiatry John Geddes, Jonathan Price, Rebecca McKnight, 2012-01-05 Psychiatry introduces medicine students to the subject in a concise

innovative and memorable way Its patient centred approach blends a discussion of the theoretical basis of different psychiatric disorders with an explanation of the management of these disorders in everyday clinical practice using genuine case histories to place the content in a realistic context Recognizing that having positive interactions with a patient is central to the provision of successful psychiatric care the book includes guidance on history taking and assessment while also reflecting best practice as set out by current clinical guidelines Having undergone an extensive revision for this fourth edition and covering all the major psychiatric conditions in a logically structured way the book is an invaluable guide to all individuals who are likely to encounter those with psychiatric problems including students of medicine healthcare and social work Online Resource Centre The Online Resource Centre to accompany Psychiatry features Figures and tables from the book in electronic format Self assessment materials for students Updates on the latest clinical guidelines The Maudsley Prescribing Guidelines in Psychiatry David M. Taylor,Carol Paton,Shitij Kapur,2015-04-01 The fully updated 12th edition of an essential reference for anyone responsible for prescribing drugs for patients with mental health disorders A well respected and widely used source of information on which drugs to prescribe which side effects to look out for how best to augment or switch drugs and more Provides concise reviews of psychiatric disorders and relevant psychopharmacology along with general guidance based on the data reviewed and current clinical practice Includes specific guidance for schizophrenia bipolar disorder depression anxiety substance abuse and special populations such as children the elderly and pregnant women Each section features a full reference list so the evidence base can be checked quickly and easily This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store

Practical Psychopharmacology Joseph F. Goldberg,Stephen M. Stahl,2021-04-29 Despite the lack of guidance available for practitioners extensive polypharmacy has become the primary method of treating patients with severe and chronic mood anxiety psychotic or behavioral disorders This ground breaking new book provides an overview of psychopharmacology knowledge and decision making strategies integrating findings from evidence based trials with real world clinical presentations It adopts the approach and mind set of a clinical investigator and reveals how prescribers can practice bespoke psychopharmacology tailoring care to the individualized needs of patients Practitioners at all levels of expertise will enhance their ability to devise rationale based treatments targeting manifestations of dysfunctional neural circuitry and dimensions of psychopathology that cut across conventional psychiatric diagnoses Presented in a user friendly practical full colour layout and incorporating summary tables bullet points and illustrative case vignettes it is an invaluable guide for all healthcare professionals prescribing psychotropic medications including psychiatry specialists primary care physicians and advanced practice registered nurses **The ASAM Principles of Addiction Medicine** Richard K. Ries,David A. Fiellin,Shannon C. Miller,Richard Saitz,2014-05-14 In the midst of an addiction epidemic this newly updated edition of The American Society of Addiction Medicine Principles of Addiction Medicine 5th edition is the sought after text every addiction researcher and care

provider needs This comprehensive reference text dedicates itself to both the science and treatment of addiction You ll receive a thorough grounding in both the scientific principles behind the causes of addiction and the practical aspects of clinical care Chapters are written by recognized experts covering areas such as the basic science of addiction medicine diagnosis assessment and early intervention pharmacologic and behavioral interventions mutual help and twelve step and co occurring addiction medical and psychiatric disorders backed by the latest research data and successful treatment methods Features Numerous figures tables and diagrams elucidate the text Chapters include case examples List of data research reports provided at end of each chapter NEW material on Prescription Drug Abuse Club Drugs Nursing Roles in Addressing Addiction Conceptual and Treatment Issues in Behavioral Addictions Rehabilitation Approaches to Pain Management Comorbid Pain and Addiction Pharmacotherapy for Adolescents with Substance Use Disorders Preventing and Treating Substance Use Disorders in Military Personnel and more

Polypharmacy in Psychiatry Practice, Volume II Michael S Ritsner, 2013-02-15 Although monotherapy is generally recommended as the treatment of choice treatment resistance of patients with psychosis cognitive mood and anxiety disorders represents a significant clinical problem In this context augmentation and combination strategies are commonly employed to address this problem Although multiple medication use common in psychiatric practice reasons efficacy and safety for polypharmacy and augmentative strategies have remained unclear It remains unclear if there is an evidence base to support polypharmacy Furthermore excessive and inappropriate use of psychotropic medications has been recognized as a public health problem This volume is the first comprehensive clinically oriented reference on the multiple medication use to treat psychotic cognitive mood and anxiety disorders

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