

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

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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

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

Workbook for John Sorensen, 2005

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

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

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

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

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The Maudsley Prescribing Guidelines in Psychiatry David M. Taylor, Thomas R. E. Barnes, Allan H. Young, 2021-07-13 The Maudsley Prescribing Guidelines in Psychiatry The new edition of the world renowned reference guide on the use of medications for patients presenting with mental health problems The Maudsley Prescribing Guidelines in Psychiatry is the essential evidence based handbook on the safe and effective prescribing of psychotropic agents Covering both common and complex prescribing situations encountered in day to day clinical practice this comprehensive resource provides expert guidance on drug choice minimum and maximum doses adverse effects switching medications prescribing for special patient groups and more Each clear and concise chapter includes an up to date reference list providing easy access to the evidence on which the guidance is based The fourteenth edition has been fully updated to incorporate the latest available research the most recent psychotropic drug introductions and all psychotropic drugs currently used in the UK USA Canada Australia New Zealand and Japan Several new sections cover topics such as deprescribing of major psychiatric drugs prescribing

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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 **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 Taylor,Carol Paton,Shitij Kapur,2015-02-23 The essential reference for anyone responsible for prescribing drugs for patients with mental health disorders Widely and regularly used the place to check for all relevant information on which drugs to prescribe which side effects to look out for how best to augment or switch drugs such as antipsychotics antidepressants and anxiolytics The book provides brief but detailed reviews of psychiatric disorders and relevant psychopharmacology with general guidance based on the data reviewed and current clinical practice Sections cover plasma monitoring schizophrenia bipolar disorder depression anxiety children and adolescents substance abuse and special patient groups Each section has a full reference list so that the evidence base can be checked quickly if required The book covers prescribing drugs outside their licensed indications and their interaction with substances such as alcohol nicotine and caffeine Trainees will gain important information regarding the rational safe and effective use of medications for patients with mental illness Experienced clinicians will find excellent guidance regarding more complex issues that they may not encounter regularly **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

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A Guide to Treatments That Work Peter E. Nathan, Jack M. Gorman, 2015-06-26 Like its predecessors this fourth edition of *A Guide to Treatments That Work* offers detailed chapters that review the latest research on pharmacological and psychosocial treatments that work for the full range of psychiatric and psychological disorders written in most instances by clinical psychologists and psychiatrists who have been major contributors to that literature Similarly the standards by which the authors were asked to evaluate the methodological rigor of the research on treatments have also remained the same Each chapter in *A Guide to Treatments That Work* follows the same general outline a review of diagnostic cues to the disorder a discussion of changes in the nomenclatures from DSM IV to DSM 5 and then a systematic review of research most of which has been reported within the last few years that represents the evidence base for the treatments reviewed In all 26 of the volume s 28 chapters review the evidence base for 17 major syndromes Featuring this coverage is a Summary of Treatments that Work an extended matrix offering a ready reference by syndrome of the conclusions reached by the chapter authors on treatments that work reviewed in their chapters New to this edition are two chapters at the beginning of the book Chapter 1 details two perplexing issues raised by critics of DSM 5 the unrealized potential of neuroscience biomarkers to yield more accurate and reliable diagnoses and the lingering problem of conflicts of interest in pharmaceutical research Chapter 2 contrasts Native American and western ways of identifying effective treatments for mental and physical disorders concluding that evidence informed culture based interventions sometimes constitute best practices in Native communities Two chapters detailing pharmacological treatments for pediatric bipolar disorder Chapter 9 and pediatric depressive disorder Chapter 12 have also been added More than three quarters of the chapters are written by colleagues who also contributed to most or all of the previous editions Hence this new edition provides up to date information on the quality of research on treatment efficacy and effectiveness provided by individuals who know the research best

Clinical Naturopathy Jerome Sarris, Jon Wardle, 2014-08-15 *Clinical Naturopathy* an evidence based guide to practice 2nd edition E book by Jerome Sarris and Jon Wardle articulates evidence based clinical practice It details the principles treatment protocols and interventions at the forefront of naturopathic practice in the 21st century *Clinical Naturopathy* an evidence based guide to practice 2e E book equips you to critically evaluate your patients analyse treatment protocols and provide evidence based prescriptions This second edition promotes the fundamentals of traditional naturopathy while pushing the scientific boundaries and driving the steady evolution of the

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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

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

Problem-Based Psychiatry E-Book David Meagher, Henry O'Connell, John McFarland, Noreen Moloney, Maeve Leonard, 2020-11-21 Problem Based Psychiatry is a comprehensive resource covering the key principles of evidence based approaches to diagnosis and treatment of the full range of psychiatric disorders The text is highly engaging and interactive It offers a unique patient centred multidisciplinary perspective taking students through a series of narratives designed to prompt deeper understanding and learning Ideal for medical students and educators alike this text will also be a valuable resource for doctors engaged in postgraduate training in psychiatry and other medical disciplines as well as for the range of allied mental health professionals 26 chapters designed for individual teaching sessions Evidence based treatment options for all major psychiatric disorders and presentations including autism spectrum disorders PTSD gender dysphoria and schizophrenia Problem based format allows for learning in a real world practical context

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