

Article: 0320

Topic: EPO03 - e-Poster Oral 03: Oncology and Psychiatry, Pain and treatment options, Women, Gender and Mental Health, Education, Promotion of Mental Health, Ethics and Psychiatry

---

## Signs and Symptoms Self-monitoring and Psychoeducation in Bipolar Patients with a Smart-phone Application (SIMPLe) Project

D. Hidalgo-Mazzei<sup>1</sup>, M. Reinares<sup>1</sup>, A. Murru<sup>1</sup>, C.M. Bonnín<sup>1</sup>, E. Vieta<sup>1</sup>, F. Colom<sup>1</sup>

<sup>1</sup>Bipolar disorder program Department of Psychiatry and Psychology, Institute of Neuroscience Hospital Clinic University of Barcelona IDIBAPS CIBERSAM, Barcelona, Spain

---

**Introduction:** Bipolar disorder is a frequent condition in the general population with a high morbimortality, which consists in dysfunctional temporal fluctuations between different mood phases during which frequently there is a lack of insight. Besides the pharmacological treatment, psychoeducational programs have proved to be a cost-effective approach to help patients recognize early signs and symptoms in order to prevent full-blown episodes, although its broad implementation is still difficult and costly [1].

**Objectives and Aims:** The main aim of this study is to develop and clinically validate a smartphone application to monitor symptoms and signs in stable bipolar patients along with customized embedded psycho-education contents and empower the self-management of their disorder to avoid relapses and hospitalizations.

**Methods:** The study will be carried out in three different but complementary phases in order to fully include patients and therapist's preferences: 1. Feasibility study using SIMPLe 1.0 app (subjective information only). 2. Feedback-based improvement process which will incorporate the objective information. 3. Randomized controlled trial with two arms of 74 patients each (SIMPLe 2.0+TAU vs. TAU).

**Results:** After the collaborative development of clinical algorithms to ensure adequate sensibility and specificity to detect relapses and personalize psychoeducational messages, a technical pilot test of SIMPLe 1.0 app is underway and the first patients are being recruited to start the 1<sup>st</sup> phase of the study in Mid-October of 2014.

**Conclusions:** The possibility to deliver personalized psychoeducation contents based on monitoring signs and symptoms through a smartphone seems a promising cost-effective method, although a clinical validation is necessary.