

S29-04 - COGNITIVE-PSYCHOEDUCATIVE GROUP THERAPY FOR PATIENTS WITH BIPOLAR DISORDER

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Introduction: Cognitive-psychoeducative group therapy is an intervention developed in Munich to treat patients with bipolar disorder after an acute episode. First results of a prospective evaluation showed that the patients gained more knowledge after the intervention and relatives, who attended a separated group program showed less expressed emotion and burden in respect of the illness.

Objectives: We investigated the outcome of this intervention.

Aims: In a randomized controlled trial with 68 patients we analysed the days of illness, the amount of symptoms, quality of life and the knowledge about bipolar disorder.

Methods: Patients of the experimental group received a 12 week group intervention, patients of the waiting list control group received the same intervention after 6 months. Every 3 months the patients were rated for days of illness, symptoms, quality of life, knowledge and compliance.

Results: The results of 52 patients showed a significant reduction of depressive symptoms as well as an improvement of global functioning. We also showed a significant improvement of knowledge about bipolar disorder and satisfaction about the treatment. Detailed analysis showed that patients with less than 10 years of illness showed even more reduction of depressive symptoms as well as an improvement of psychological well being. Patients with more than one year of psychotherapy experience showed a reduction of manic symptoms.

Conclusions: The intervention is an important addition to pharmacological treatment, but further improvements of treatments for bipolar disorder are necessary.