
INTERNET BASED PSYCHOEDUCATIVE CBT PROGRAM FOR THE BIPOLAR PATIENTS TREATED WITH THYMOSTABILISERS-6 MONTHS FOLLOW UP

J. Prasko¹, **K. Latalova**¹, A. Grambal¹, D. Jelenova¹, D. Kamaradova¹, B. Mainerova¹, K. Vrbova¹, M. Ociskova², Z. Sedlackova³, Z. Sedlackova³, J. Vyskocilova⁴

¹Department of Psychiatry, Faculty of Medicine and Dentistry University Palacky Olomouc University Palacky Olomouc, Olomouc, Czech Republic ; ²Department of Psychiatry, Faculty of Medicine and Dentistry University Palacky Olomouc University Palacky Olomouc Psychological Department Faculty of Philosophy University Palacky Olomouc, Olomouc, Czech Republic ; ³Department of Psychology, Psychological Department Faculty of Philosophy University Palacky Olomouc, Olomouc, Czech Republic ; ⁴Faculty of Humanities, Faculty of Humanities Charles University Prague, Prague, Czech Republic

Objective:

The internet is an important source of information and exchange for patients and can exert considerable influence on their health-related behaviors. Internet-based therapy typically involves the interaction between a consumer and therapist via the Internet and incorporates the use of a structured Web-based treatment program for consumers to access in conjunction with therapist assistance (usually by email).

Aims:

The purpose of this open study will be to test the efficacy of therapist-assisted internet 12 module 4 month long self-help program based on cognitive behavioral approach (IB-CBT) with the treatment as usual (TAU) for bipolar affective disorder patients who are medicated with thymostabilisers.

Method:

66 participants suffering with bipolar affective disorder, who recruit from the patients of the Psychiatric clinic Olomouc at time of start the maintenance pharmacological phase of the treatment of bipolar affective disorder will be randomized to the TAU (treatment as usual) and IB-CBT (12 modules of internet based CBT+ TAU). All participants will complete a clinical diagnostic interview, and a set of questionnaires to assess affective symptoms at four time periods (start of the maintenance treatment period and at follow up: 6 month, 12 month and 24 month. The study will be done in open conditions

Results:

The results from the start of the maintenance treatment period will be present. 31 participants finished psychoeducational program, 30 collaborated in TAU group. The comparison of both group according the rate of relapses and re-hospitalizations didnot significantly differ in 6-month follow up.

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