

P-209 - PSYCHOEDUCATION FOR BIPOLAR DISORDER: A SYSTEMATIC REVIEW ON EFFICACY AND A PROPOSAL FOR A PROTOTYPE

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Introduction: In the light of several recent reports on long-term effectiveness of psychoeducation the Dutch Foundation for Bipolar Disorders (DFBD) decided to update the psychoeducation program. Most systematic reviews on psychoeducation in bipolar disorder date from 2008 or before and even newer ones do not include all relevant studies.

Objectives: The aims of this review are;

- 1) to determine the long-term effectiveness of addition of psychoeducation to treatment as usual in terms of symptoms, relapse, suicide, quality of life and other secondary outcomes (see below) in bipolar patients;
- 2) to review the acceptability of psychoeducation to patients and key-persons, measured by numbers of withdrawal from this intervention;
- 3) to determine long-term beneficial effects on key-persons if involved in psychoeducation.

Methods: A protocol-based systematic literature search and review.

Results: We found three randomized controlled trials (RCTs) of group psychoeducation, one trial of individual psychoeducation, one trial of multifamily psychoeducation and three trials of caregiver group psychoeducation showing efficacy of psychoeducation in mood stability of the patient and/or better coping and less burden in caregivers. The trials show similarities but also differences in content and delivery of psychoeducation.

Conclusions: Psychoeducation is efficacious in bipolar disorder. Based on the extensive experience in bipolar psychoeducation in the Netherlands and in the light of the results of the RCTs we suggest a prototype of psychoeducation in a multifamily format with 12 sessions and additional booster sessions.