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Psychoeducation and Internet Based Cbt Psychoeducation for Patients with Bipolar Affective Disorder

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Psychoeducation is a type of psychotherapeutic support aimed to provide extensive and sufficient information about bipolar disorders to patients. The most important target of the psychoeducation is to prevent a relapse by increasing compliance with medication usage, increasing social rhythms, reducing emotional expressivity in the family and increasing coping skills against stress. Studies on psychoeducation in bipolar disorder demonstrate significant effects on rehospitalization rates, compliance and knowledge. Compared with mood stabilizer treatment alone, combination treatment of CBT and mood stabilizers has been shown to reduce the number of bipolar episodes, reduce the duration of episodes that do occur, and reduce the number of hospital admissions due to episodes. Patients treated with the combination also showed higher social functioning.

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).

The workshop will explain the concept of psychoeducation in bipolar disorder, the cognitive behavioral model, and working with vicious circle of depression and mania, planning regular rhythmic activities, monitoring warning signs and decreasing expressed emotions in the family by training of the basic communication skills. Modules about working with cognitive schemas are included. The purpose of this workshop is also to show how therapist-assisted internet 12 module 4 month based on above principles was developed and works.

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