

# Role of Psychoeducation in the Long-Term Management of Bipolar Disorder

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## Why Psychoeducation?

- Didactic therapy aimed at informing the patient and changing behavior
- Included as a component of most talking therapies for bipolar disorder
- Demonstrated to work by comparison with an unstructured supportive group therapy
  - Effect on relapse
  - Delivered when well, either individually or in a group

## What is Psychoeducation?

- Education about diagnosis, need for medical treatment, and lifestyle regulation
- Focus on problem behaviors like sleep/wake cycle irregularity and substance or alcohol misuse
- Identify how extraneous factors interact with mood via self monitoring
- Change behavior; develop an action plan for when things go wrong

# 120 Bipolar Patients

Patients  
matched by age  
and sex

**Control Group:**  
60 patients  
Pharmacologic treatment  
+  
Nonstructured  
group intervention

**Experimental Group:**  
60 patients  
Pharmacologic  
treatment  
+  
Psychoeducation

Treatment duration: 6 months  
Follow-up: 2 years

# Combination of Medication and Psychoeducation

