

Short-term family-focused psycho-educational program for bipolar mood disorder in Mashhad

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Abstract

Background: Bipolar mood disorder type ۱ is one of the most serious psychiatric disorders. We aimed to assess the efficacy of a short-term family-focused treatment for patients with bipolar mood disorder type ۱ in a one-year follow-up period. **Methods:** Sixty patients with bipolar mood disorder and acute mania episodes who referred to Ibn-e-Sina Psychiatric Hospital in Mashhad were recruited. Half of them were randomly assigned to the psycho-education group. Their available adult family members received a psycho-educational training session before the patients' discharge from the hospital. All patients received concurrent appropriate pharmacotherapy and psychotherapy. All the patients were evaluated by a blind home-visit team every ۳ months for a period of one year. The evaluation included the number of psychiatric visits, patients' adherence, relapse status, number of re-hospitalizations, and time to relapse. **Results:** Fifty-seven patients completed the trial. In the experimental group, there were four patients with relapse (۷.۰%) and in the control group nine patients (۱۵.۸%) had relapse of the disorder ($P=۰.۰۰۶$). The mean time of taking medications in the education group was ۱۱.۴۱ months. This time was ۹.۱۴ months in the control group ($P<۰.۰۰۱$). There was also a significant difference between the two groups in terms of frequency of psychiatric visits ($P<۰.۰۰۱$). **Conclusion:** Short-term family-focused psycho-education is an effective adjunct to pharmacotherapy for bipolar mood disorder. Further studies are needed to evaluate the efficacy and cost-effectiveness of long-term family-focused psycho-educational treatment for patients with bipolar mood disorder.

Author keywords

Bipolar mood disorder; Family education; Mania; Relapse

Indexed Keywords

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