

INTERNET BASED PSYCHOEDUCATIVE CBT PROGRAM FOR BIPOLAR PATIENTS TREATED WITH THYMOSTABILISERS

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Objective: 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). Over the past decade, Internet-based treatments have been found effective for a variety of physical health conditions and mental health disorders, such as headache, encopresis, tinnitus, depression, panic disorder, social phobia, GAD and posttraumatic stress disorder.

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: Participants 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.

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