Psychosocial Interventions for Bipolar Disorder

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Goals of Psychosocial Interventions for Bipolar Disorder

• To prevent recurrence of major depressive and manic episodes

• To reduce symptom burden and improve functioning between mood episodes
Psychosocial Interventions are Adjunctive Treatments for BD

- Psychosocial interventions are adjunctive to medication, **NOT** a replacement for medications for Bipolar Disorder.
Psychoeducation for BD

• Illness awareness

• Treatment adherence

• Early detection of prodromal symptoms

• Lifestyle regularity

• Modalities: Group, individual, or family/couples therapy
# Mood Charting

## Daily Mood Chart

### Mood Rating

<table>
<thead>
<tr>
<th></th>
<th>+3</th>
<th>+2</th>
<th>+1</th>
<th>0</th>
<th>-1</th>
<th>-2</th>
<th>-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Normal</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Low</td>
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</tr>
</tbody>
</table>

### Day

<table>
<thead>
<tr>
<th>Day</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>

### Hours Slept

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14
- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21
- Day 22
- Day 23
- Day 24
- Day 25

### Weight (lbs) (day 14 & 28)

- Day 14
- Day 28

### Anxiety

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14
- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21
- Day 22
- Day 23
- Day 24
- Day 25

### Irritability

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14
- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21
- Day 22
- Day 23
- Day 24
- Day 25

### Medication

- Name/Dose

  Place a checkmark (√) if medication was taken each day.
  Place a “x” if medication was not taken and list why on separate sheet.

### Alcohol/Drugs

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14
- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21
- Day 22
- Day 23
- Day 24
- Day 25
Social Metric Charting

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TIME</th>
<th>PEOPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample activity (for reference only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Out of bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First contact (in person or by phone) with another person</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have morning beverage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Go outside for the first time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start work, school, housework, volunteer activities, child or family care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take an afternoon nap</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have an evening snack/drink</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watch evening TV news program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watch another TV program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Return home (last time)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Go to bed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please fill this out at the end of the day

Day of week:

Check if did not do

<table>
<thead>
<tr>
<th>Clock time</th>
<th>A.M.</th>
<th>P.M.</th>
<th>Check if alone</th>
<th>Spouse/partner</th>
<th>Children</th>
<th>Other family members</th>
<th>Other person(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:20</td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>
Effectiveness of Psychoeducation for BD

- Increased time to recurrence
- Fewer recurrences over time
- Reduced hospital readmissions
- Reduced mania symptoms
- Reduced depression symptoms
- Increased medication adherence
Cognitive Behavioral Therapy for BD

Situation
(What triggers the problem?)
Criticized at work

Thoughts
(What goes through my head?)
"I’m not good enough"

Physical Reactions
(How does my body react?)
Feel tired, loss of appetite

Emotions
(How do I feel?)
Worthless, anxious

Behavior
(What do I do?)
Avoid contact with others
Cognitive Distortions

- All-or-Nothing/Black-and-White thinking
- Mind Reading
- Emotional Reasoning
## Cognitive Restructuring

### CBT Thought Record

<table>
<thead>
<tr>
<th>Situation</th>
<th>Emotion or feeling</th>
<th>Negative automatic thought</th>
<th>Evidence that supports the thought</th>
<th>Evidence that does not support the thought</th>
<th>Alternative thought</th>
<th>Emotion or feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>I yelled at my 3 year old, woke up the baby who then wouldn't stop crying</td>
<td>(1) 90% ANGRY At self, At kids At my Husband (2) 90% SAD (3) 70% Guilty/ashamed</td>
<td>I must be a very bad person not to be happy to have these healthy kids Certainty: 90%</td>
<td>(1) Any decent mother loves her kids</td>
<td>(1) I have always cared for my family and friends (2) I usually try to do good for others (e.g. I volunteer at the soup kitchen) (3) People that know me never think I am a bad person</td>
<td>I am an ok person that is overwhelmed and having a bad reaction to motherhood right now Certainty: 75%</td>
<td>(1) 30% ANGRY (2) 10% SAD (3) 10% Guilty/ashamed</td>
</tr>
</tbody>
</table>

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**Describe what was happening:** Who, what, when, where?

**Emotions can be described with one word:** e.g. angry, sad, scared

**Rate 0-100%**

**Identify one thought to work on:** What thoughts were going through your mind? What memories or images were in my mind?

**Certainty:**

**What facts support the truthfulness of this thought or image?**

**What experiences indicate that this thought is not completely true all of the time?** If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought?

**Write a new thought which takes into account the evidence for and against the original thought**

**Rate 0- 100%**
Behavioral Experiments

• Test old, negative and unhelpful existing beliefs
• Test new and more helpful beliefs
• Enable experiential learning - "learning by doing"
Effectiveness of CBT for BD

• Fewer relapses
• Reduced depressed mood
• Reduced mania symptoms
• Improved quality of life
Dialectical Behavioral Therapy (DBT)

• DBT was designed to help those who have developed patterns of intense emotional reactions, impulsive behaviors, self-harm and suicidal ideation

• Modalities: Individual and group therapy, phone-coaching, therapist consultation
DBT Treatment Modules

- Mindfulness
  (being aware of the present moment without judgment)

- Emotion regulation
  (understanding and reducing vulnerability to emotions, changing unwanted emotions)

- Distress tolerance
  (getting through crisis situations without making things worse and accepting reality as it is)

- Interpersonal effectiveness
  (getting interpersonal objectives met, maintaining relationships, and increasing self-respect in relationships)
Mindfulness Skills

- Mindfulness is a foundational skill in DBT, because it helps individuals accept and tolerate their powerful emotions instead of relying on destructive behaviors to manage painful feelings.
Distress Tolerance Skills are used to help people survive "emotional emergencies" without engaging in dysfunctional behaviors.
Interpersonal Effectiveness Skills

• Resolve conflicts
• Advocate for one’s own needs, while balancing the needs of others.
• Build a sense of mastery and self-respect
Emotion Regulation Skills

- Learning how to understand and name emotions
- Changing unwanted emotions
- Reducing Vulnerability
- Managing extreme/crisis conditions
Effectiveness of DBT for BD

- Reduced depression symptoms
- Reduced mania symptoms
- Reduced emotional dysregulation
- Reduced suicidal thinking
Mindfulness-Based Cognitive Therapy (MBCT)

- The goal of MBCT is to interrupt the automatic cognitive and behavioral processes that can trigger mood episodes.

- MBCT teaches “Decentering,” the ability to perceive thoughts and feelings as impermanent events in the mind, and NOT as facts that carry personal meaning about the self.
Effectiveness of MBCT for BD

- Reduced depression symptoms
- Reduced anxiety
- Improved emotion regulation
Family-Focused Therapy (FFT)

• Family-Focused Therapy (FFT): People with BD and their family members learn together about BD and it’s management.

• FFT also teaches family communication and problem-solving strategies.
Interpersonal and Social-Rhythm Therapy (IPSRT)

• Facilitates understanding of how BD affects and is affected by relationships, work and/or school

• Monitor behaviors that impact BD symptoms, such as sleep-wake rhythms, patterns of daily activity, and levels of daily social stimulation
Conclusions

- Psychosocial Interventions have demonstrated effectiveness for BD symptoms, overall functioning, and quality of life.
- Psychosocial Interventions are NOT a replacement for mood stabilizing medications.
- Even if you are unable to find a therapist who is qualified to deliver these interventions, there is much patients can do to manage BD through consistent mood and social metric charting, along with close collaboration with a psychiatrist.