

**Do you have Bipolar Disorder?**

**Would you like to take part in group therapy?**

**If the answer to both these questions is 'yes' then we'd love to hear from you.**

**We are a team of researchers from the East Midlands and local NHS trusts. We are conducting a research study to compare the effectiveness of a psychoeducation group and a peer support therapy group for people with bipolar disorder. Groups will be based in Chesterfield, starting June 2011.**

**A trained service user will be co-running both groups with 2 mental health professionals.**

**For more information please contact:**

**Georgia Lykomitrou**

**Tel: 0115 82 31285 or 07553 384315**

**Email: [georgia.lykomitrou@nottshc.nhs.uk](mailto:georgia.lykomitrou@nottshc.nhs.uk)**

**Or Dr Martin Clarke**

**Tel: 01332 623579**

**Email: [martin.clarke@derbyshcft.nhs.uk](mailto:martin.clarke@derbyshcft.nhs.uk)**

**To apply to join the study please contact:**

**Georgia Lykomitrou**

### What's involved?

Both groups run for 21 weekly sessions, and we will follow you up for the next 18 months at 4-monthly intervals. Participants will be randomly selected to either group. The groups will be run in Chesterfield by 2 therapists and a service user facilitator.

### Benefits of participation

If you are in the support group you are likely to find that meeting others and discussing collective experience can be a form of support and information sharing.

If you are in the psychoeducation group you will be taught about bipolar disorder, medication and helped to recognise your own triggers for relapse and early warning signs.

### What happens next?

If you are interested in taking part, please contact us. We will need to inform your care co-ordinator or GP of your participation.

A member of the research team will then contact you by telephone for an initial conversation about the study. If you are eligible to take part you will be asked to complete several assessment measures before the group sessions start.