

PAPEL DE LA PSICOTERAPIA EN EL TRATAMIENTO DEL TRASTORNO BIPOLAR

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Centro de Investigación Biomédica En Red
de Salud Mental

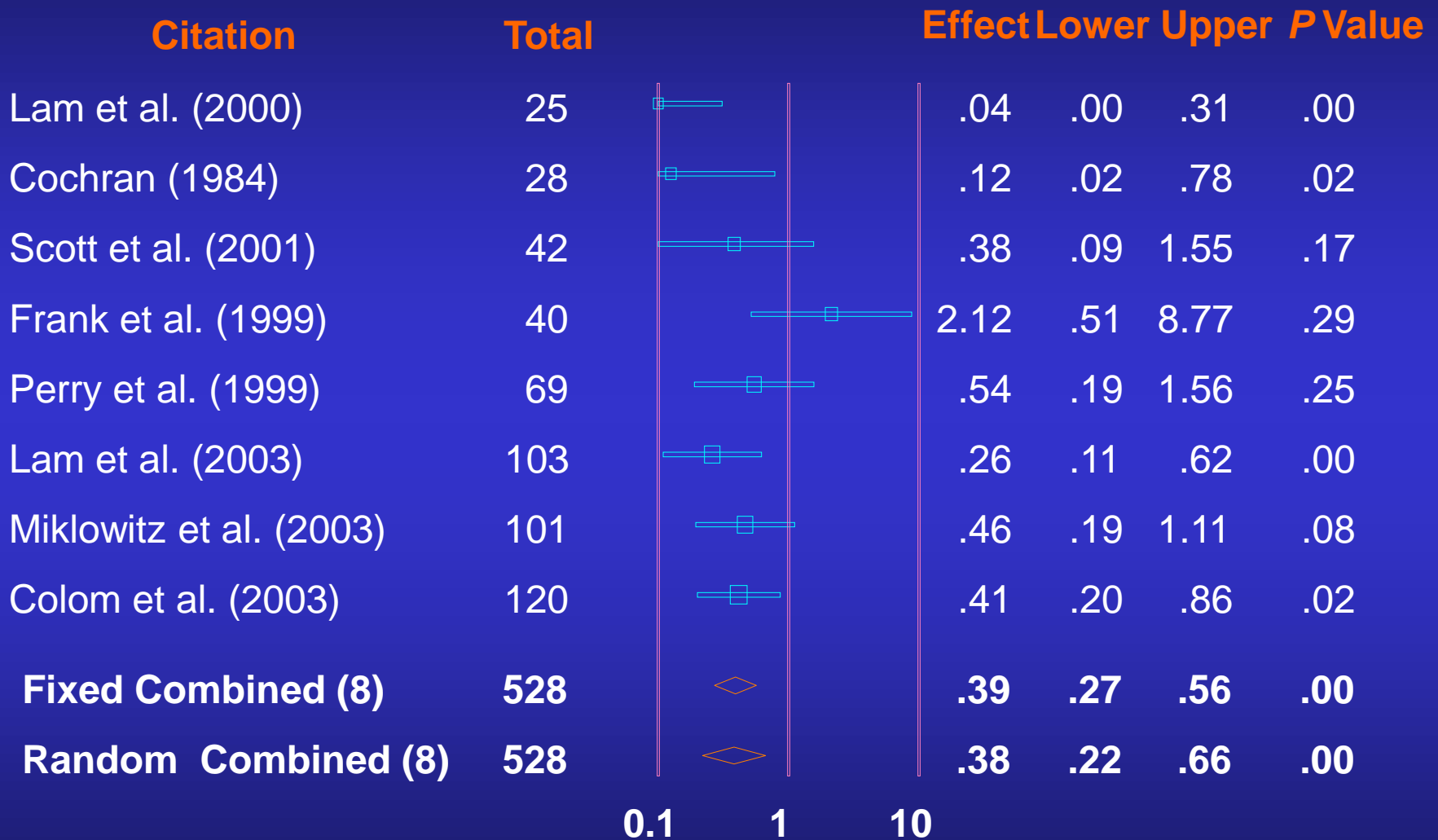
Declaración de conflictos de interés: Francesc Colom, PsyD, MSc PhD

Compañía	Speaker	Advisor
BMS	X	
Eli-Lilly	X	
MSD-Merck		X
Astra Zeneca	X	X
Sanofi	X	
Pfizer	X	
GSK	X	
Sanofi	X	
Tecnifar	X	
Shire		X

Otros: Ars Médica, Cambridge University Press, Columna, Giovanni Fioriti Ed, La Esfera de los Libros, Panamericana

Becas: Science and Innovation Ministry, Spain. CIBERSAM.

Meta Analysis of Eight Published Trials

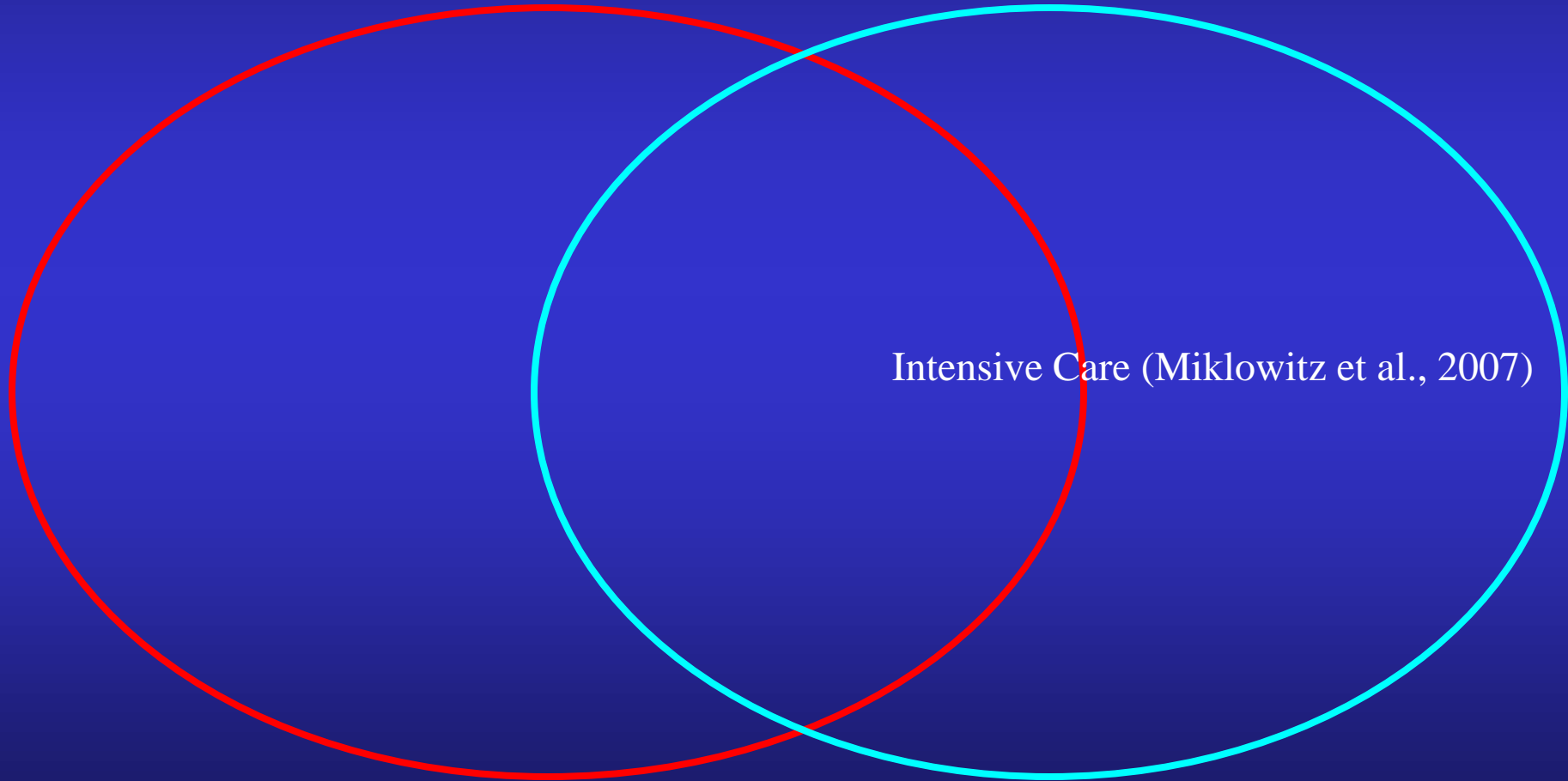


Logarithmic Scale of Odds Ratio

Tested psychotherapies: effect on episodes

MANIA

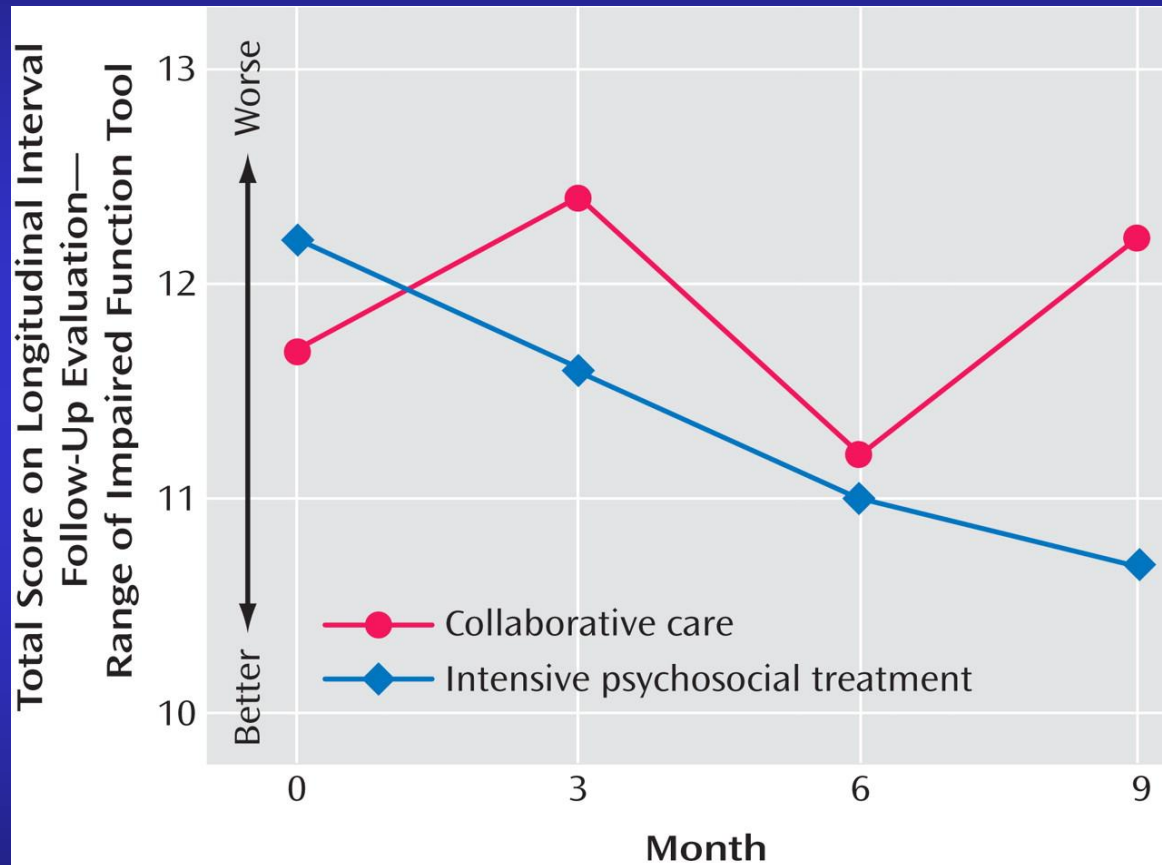
DEPRESSION



Intensive Care (Miklowitz et al., 2007)

Intensive Psychosocial Intervention: effects on functioning in bipolar depression

IPT (30 sessions) vs.
Collaborative Care (3 sessions)
IPT N= 84
CC N= 68
F.U.= 9 months
P=.04



(Miklowitz et al., Am J Psychiatry, 2007)

Outcome According to Time Since Last Episode

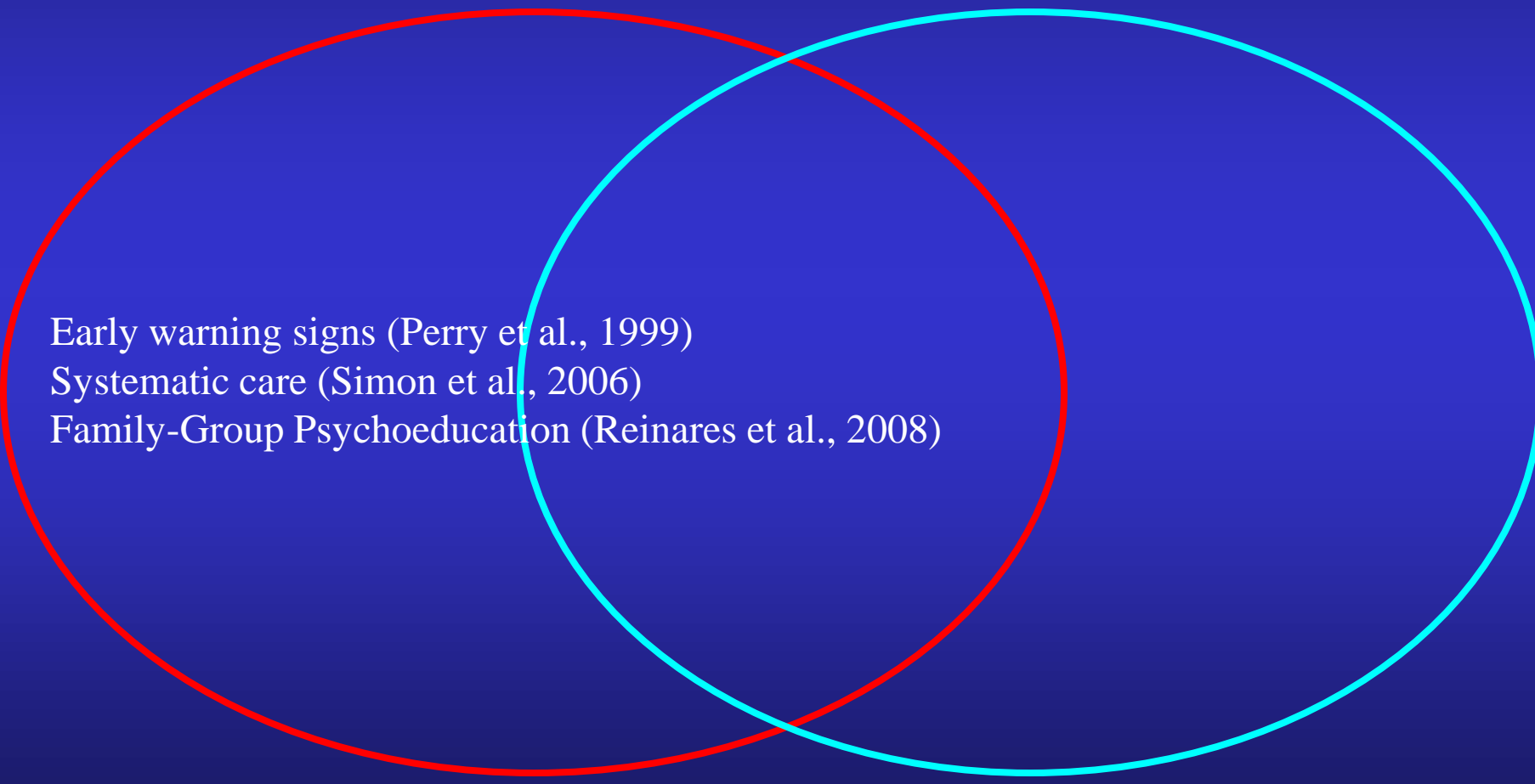
Phase of Disorder	Effect	Lower	Upper	P Value
EUTHYMIA (Individual)		.407	.836	.002
EUTHYMIA (Group)		.436	.936	.018
EPIISODE IN LAST YEAR		.388	1.101	.081
EPIISODE IN LAST MONTH		.617	1.140	.255
ACUTE EPISODE		.601	5.098	.292
Fixed Combined (5)		.582	.851	.000
Random Combined (5)		.569	.890	.003

0.1 1 10

Tested psychotherapies: prophylaxis

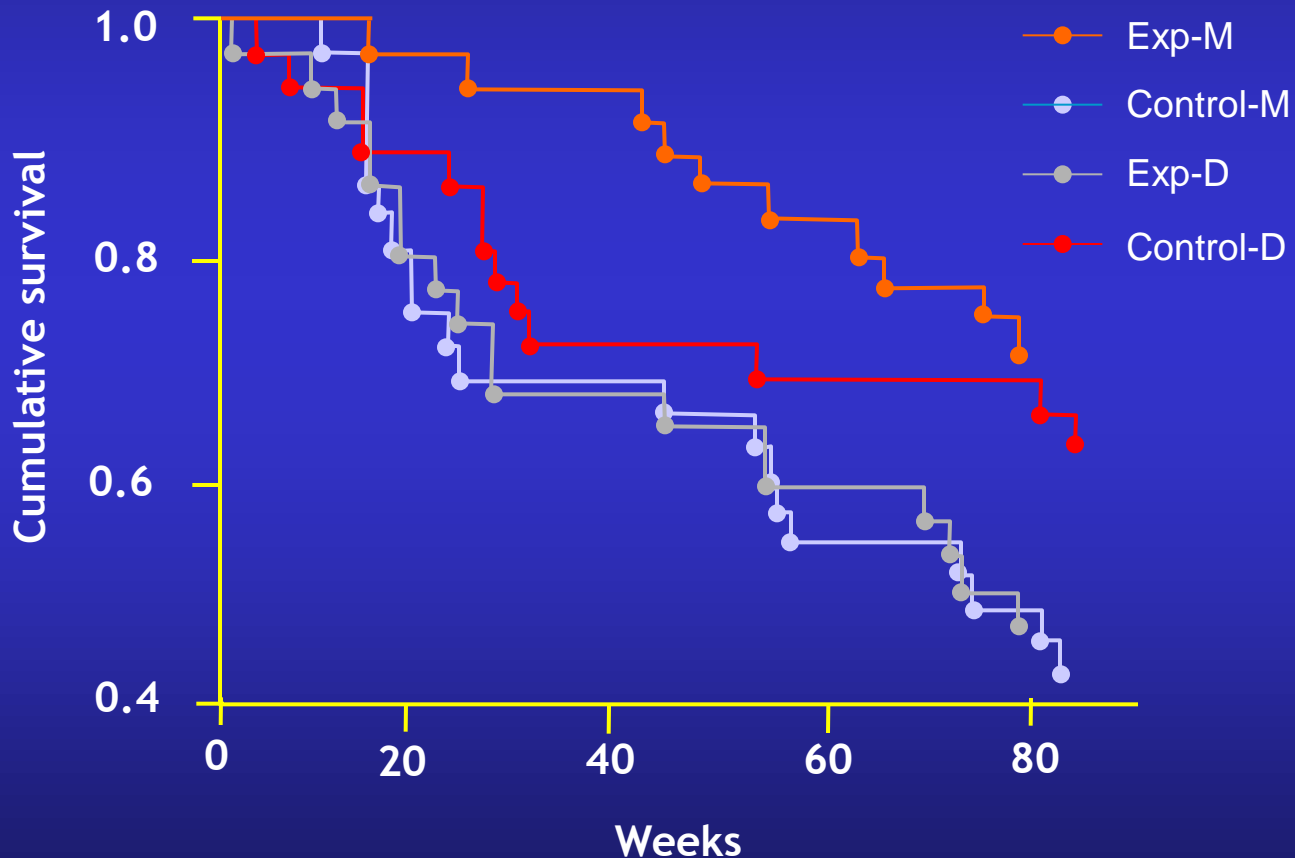
MANIA

DEPRESSION



Early warning signs (Perry et al., 1999)
Systematic care (Simon et al., 2006)
Family-Group Psychoeducation (Reinares et al., 2008)

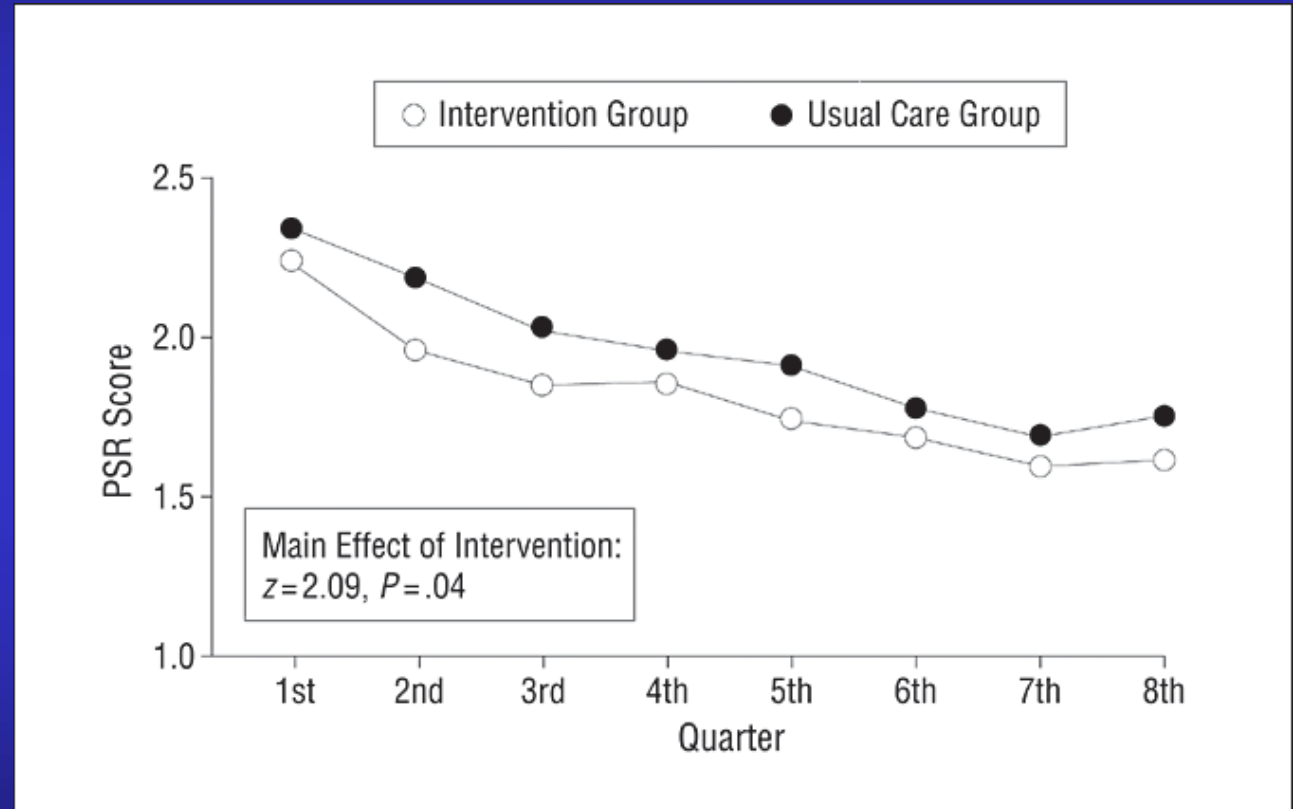
Efficacy of Teaching Bipolar Patients Early Detection of Prodromal Signs



Exp-M=experimental group, manic; Exp-D=experimental group, depressive.
Perry A et al. *BMJ*. 1999;318:149-153.

Systematic care: effects on mania

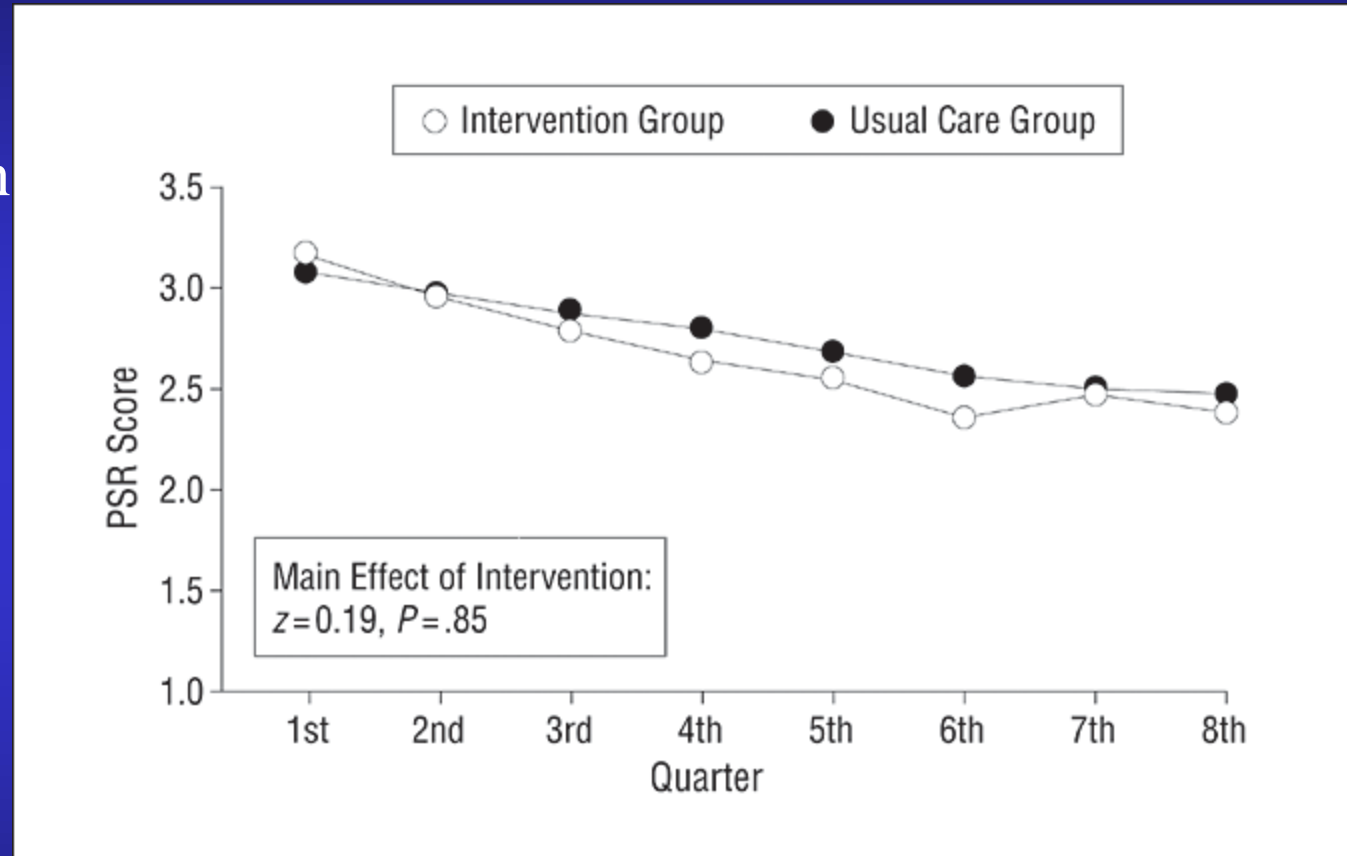
2-year intervention
S.C. N= 199
TAU N= 215
P=.04



(Simon et al., Arch Gen Psychiatry 2006)

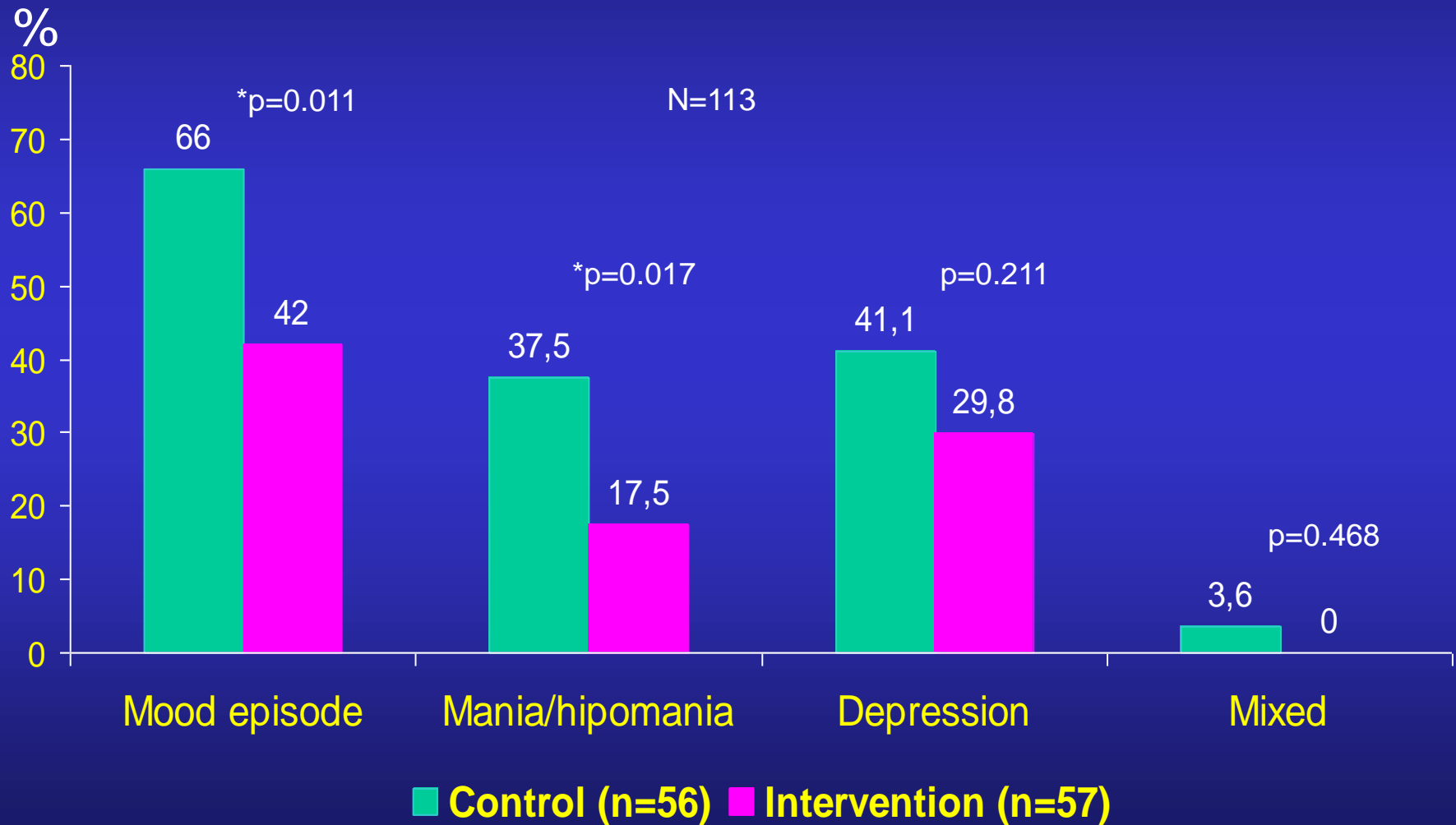
Systematic care: effects on depression

2-year intervention
S.C. N= 199
TAU N= 215
P=.04



(Simon et al., Arch Gen Psychiatry 2006)

Patients' Recurrences During 15-month Follow-up after Family Psychoeducation



Tested psychotherapies: prophylaxis

MANIA

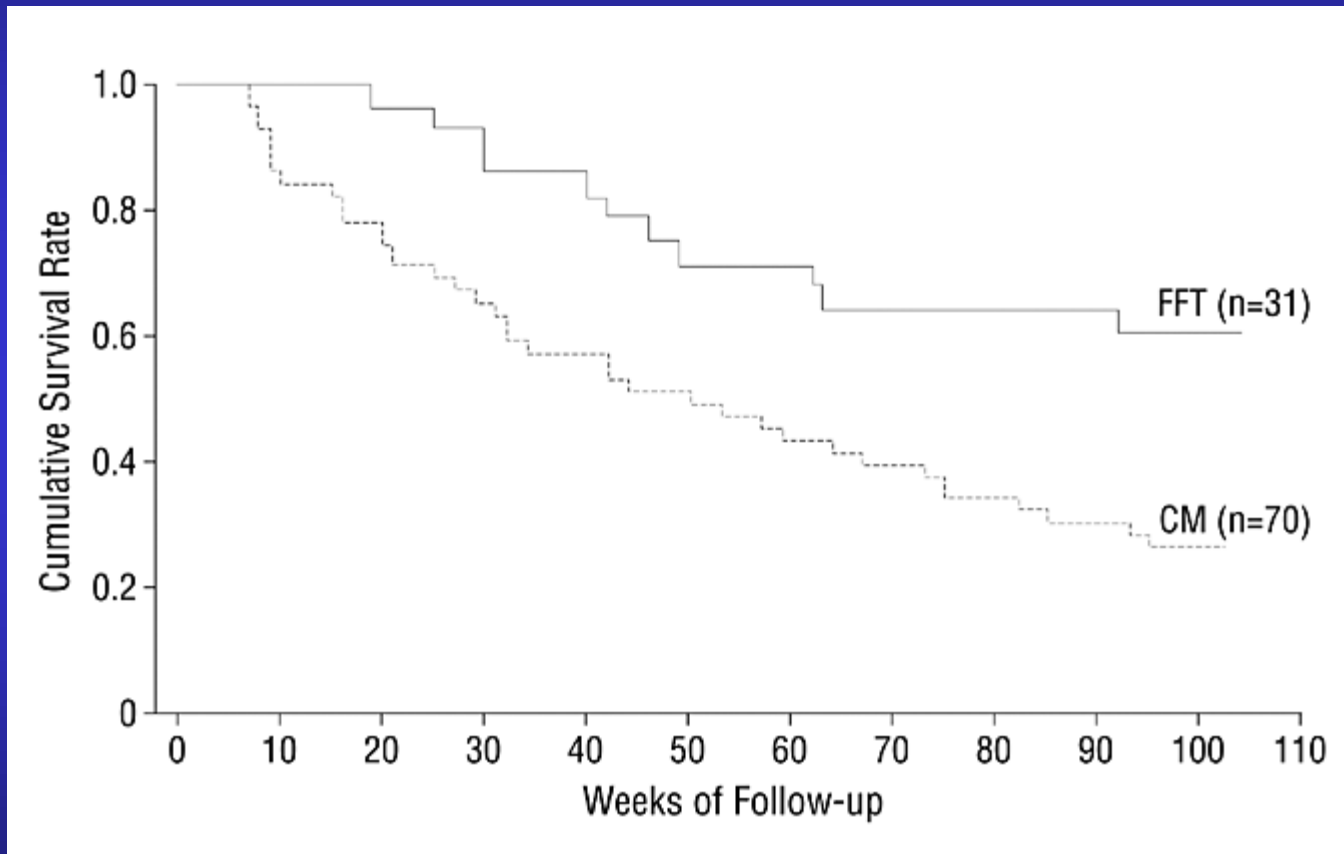
DEPRESSION



Family-Focused Psychoeducation (Miklowitz et al., 2003)

The diagram consists of two overlapping circles. The left circle is red and labeled 'MANIA'. The right circle is cyan and labeled 'DEPRESSION'. The intersection of the two circles is labeled 'Family-Focused Psychoeducation (Miklowitz et al., 2003)'. The background is a solid blue color.

Family-focused psychoeducation

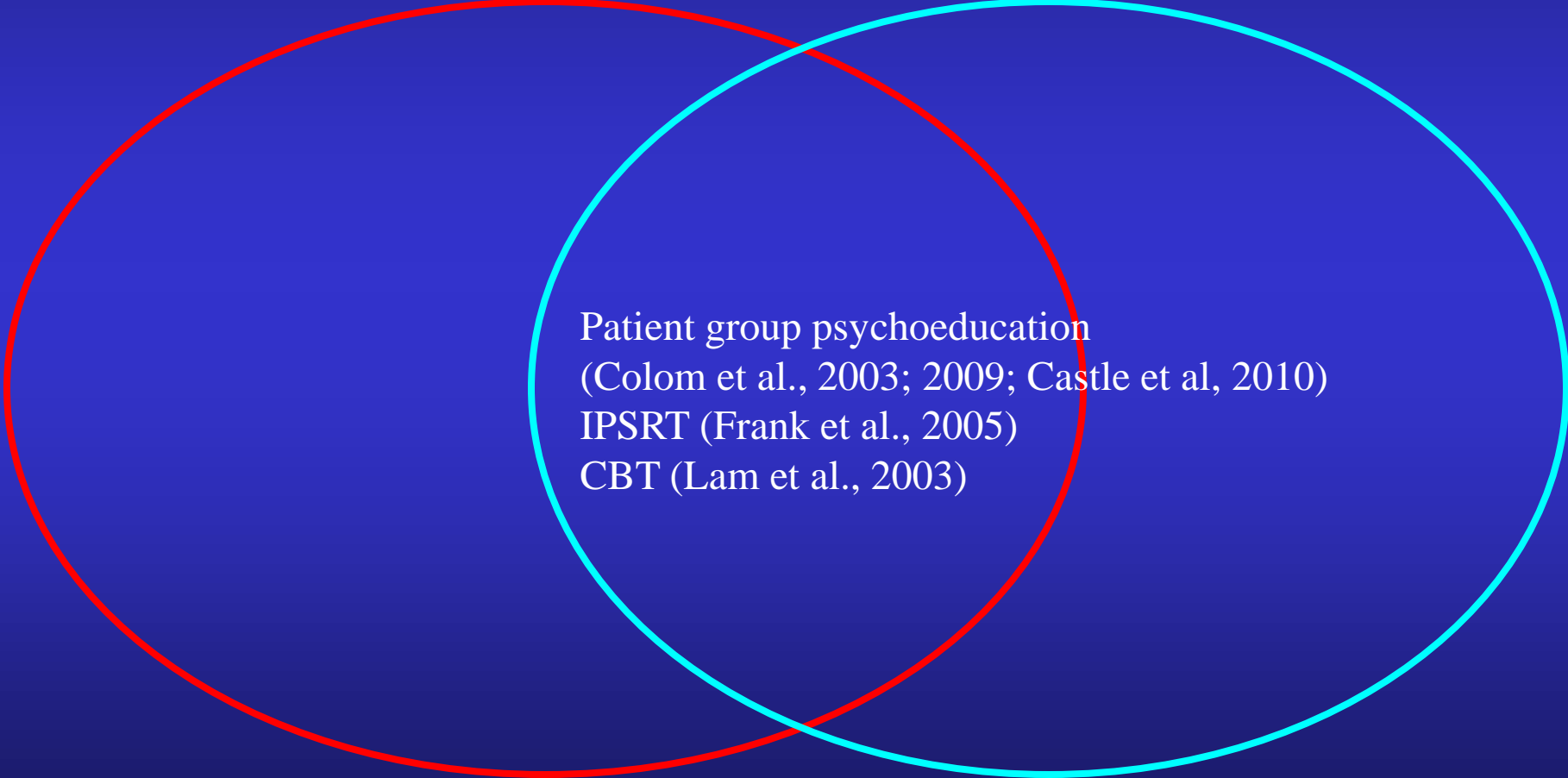


(Miklowitz et al., Arch Gen Psychiatry 2003)

Tested psychotherapies: prophylaxis

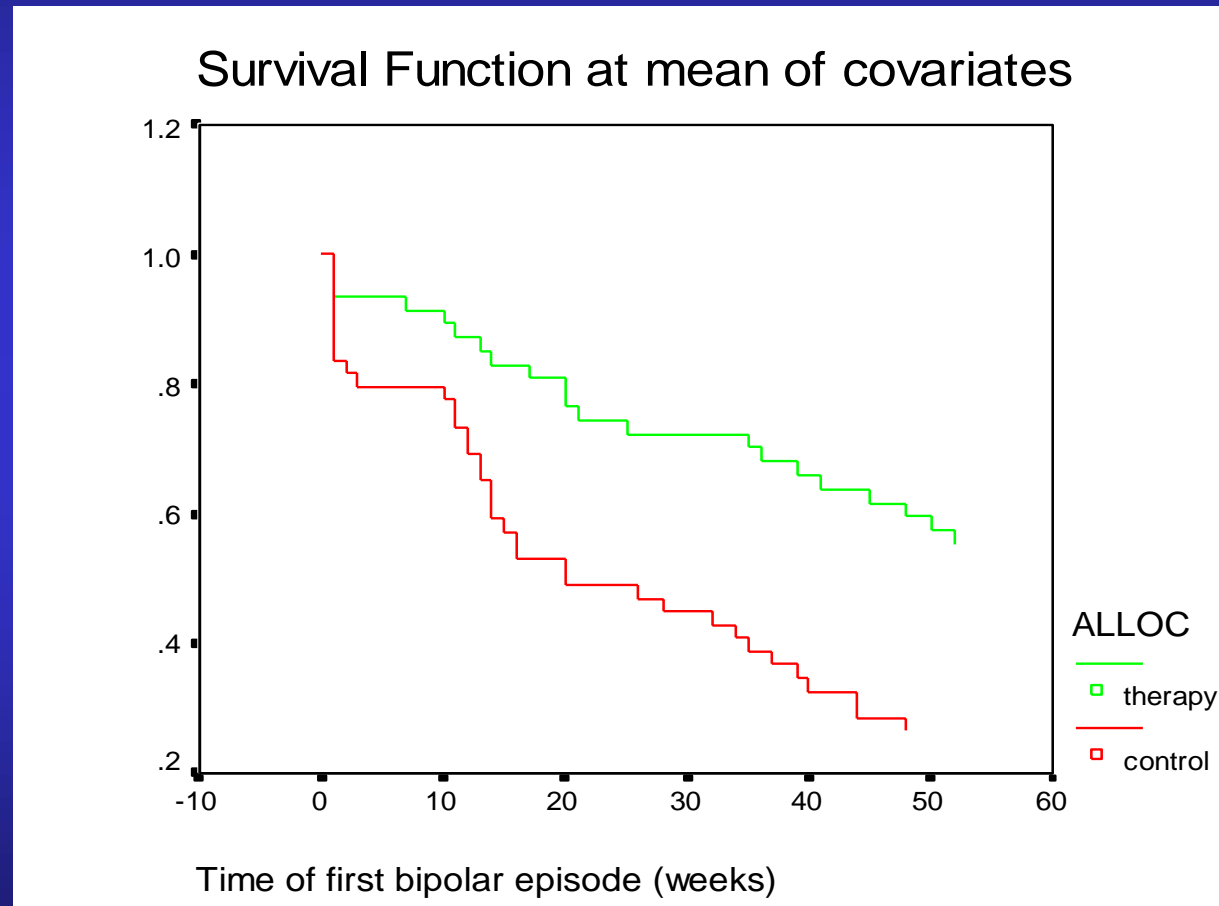
MANIA

DEPRESSION



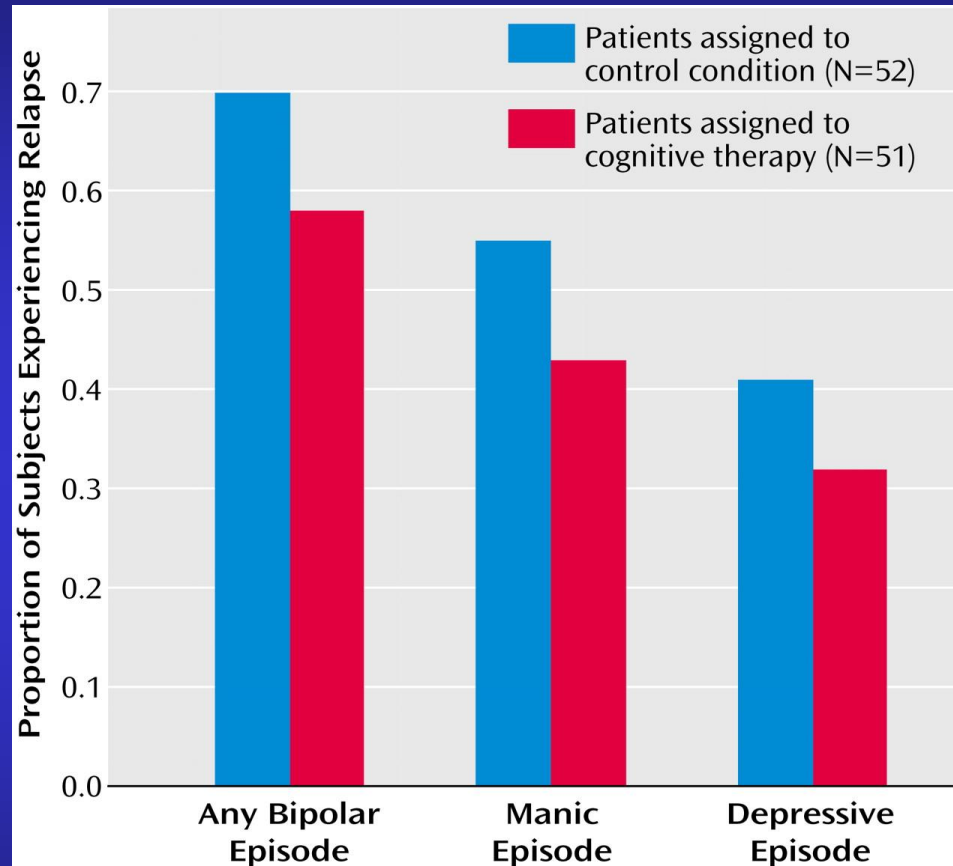
Patient group psychoeducation
(Colom et al., 2003; 2009; Castle et al, 2010)
IPSRT (Frank et al., 2005)
CBT (Lam et al., 2003)

CBT in Bipolar Disorders: 1-year follow-up



(Lam et al., Arch Gen Psychiatry 2003)

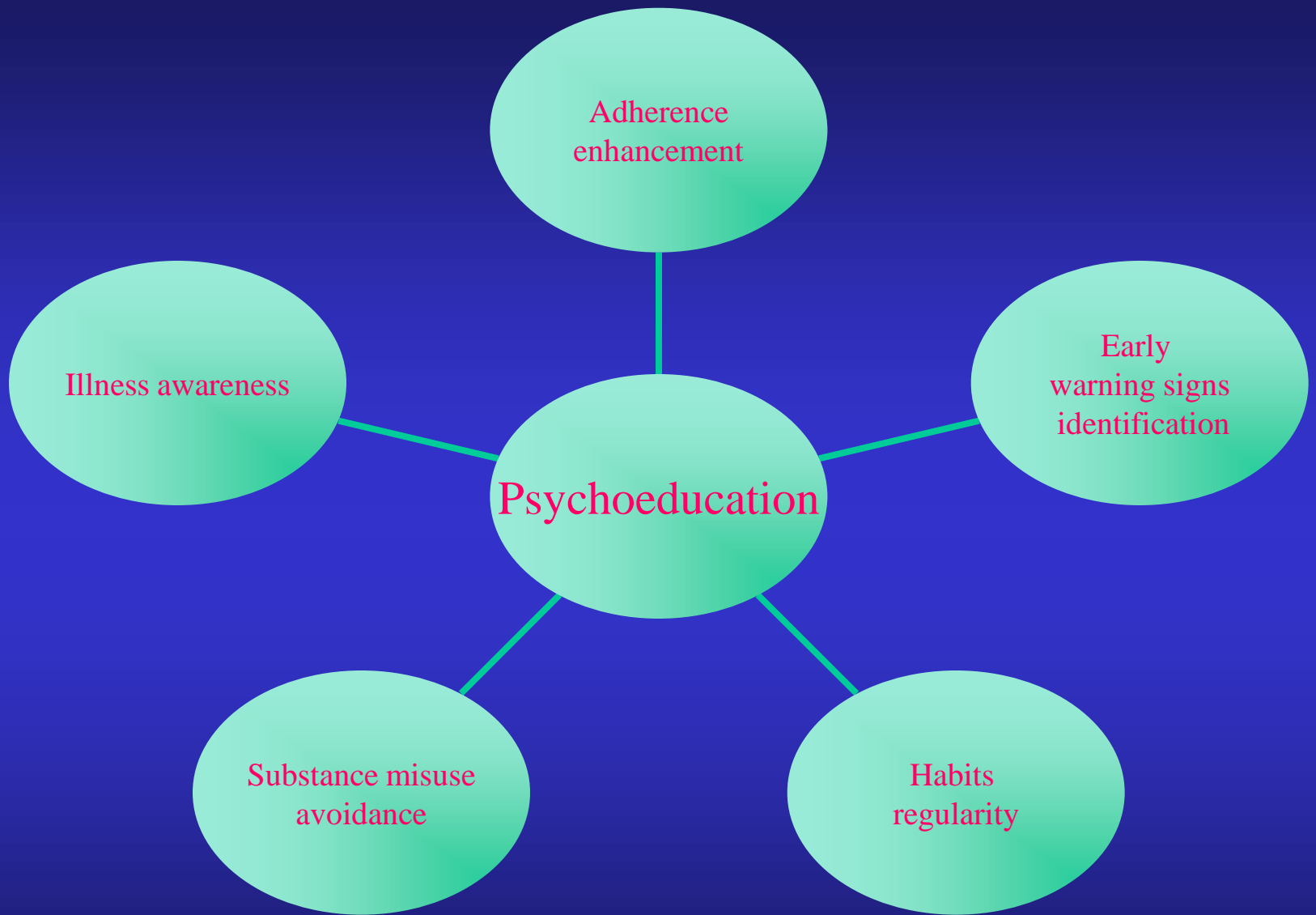
CBT in bipolar disorder: 2-year follow-up



(Lam et al., Am J Psychiatry, 2005)

Sessions of the Psychoeducative Program

1. Introduction
2. What is bipolar illness?
3. Causal and triggering factors
4. Symptoms (I): Mania and hypomania
5. Symptoms (II): Depression and mixed episodes
6. Course and outcome
7. Treatment (I): mood stabilizers
8. Treatment (II): antimanic agents
9. Treatment (III): antidepressants
10. Serum levels: lithium, carbamazepine and valproate
11. Pregnancy and genetic counselling
12. Psychopharmacology vs. Alternative therapies
13. Risks associated with treatment withdrawal
14. Alcohol and street drugs: risks in bipolar illness
15. Early detection of manic and hypomanic episodes
16. Early detection of depressive and mixed episodes
17. What to do when a new phase is detected?
18. Regularity
19. Stress management techniques
20. Problem-solving techniques
21. Final session



Adherence
enhancement

Early
warning signs
identification

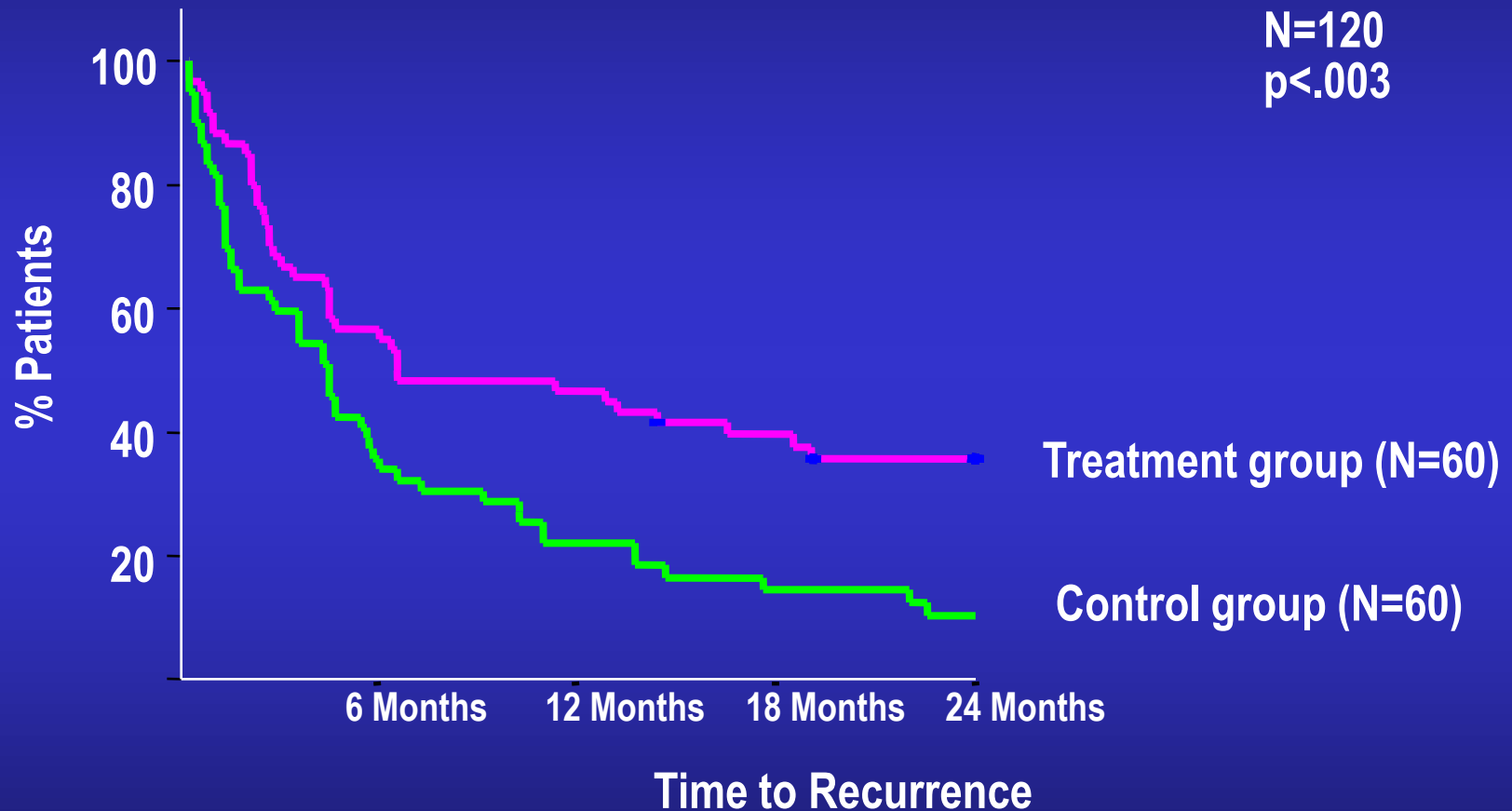
Psychoeducation

Habits
regularity

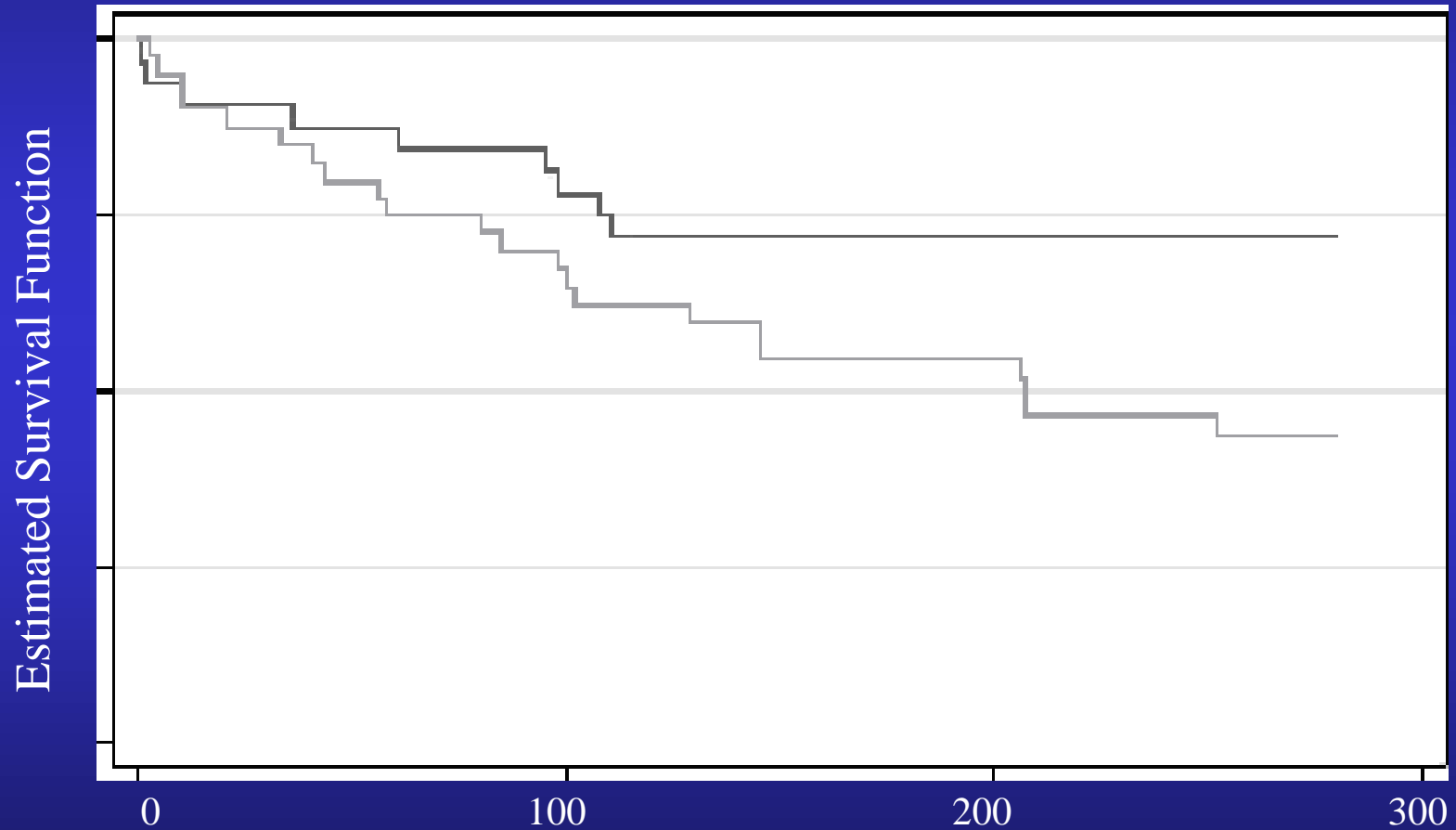
Substance misuse
avoidance

Illness awareness

Efficacy of Psychoeducation: Time to recurrence of mood episode (2-year outcome)



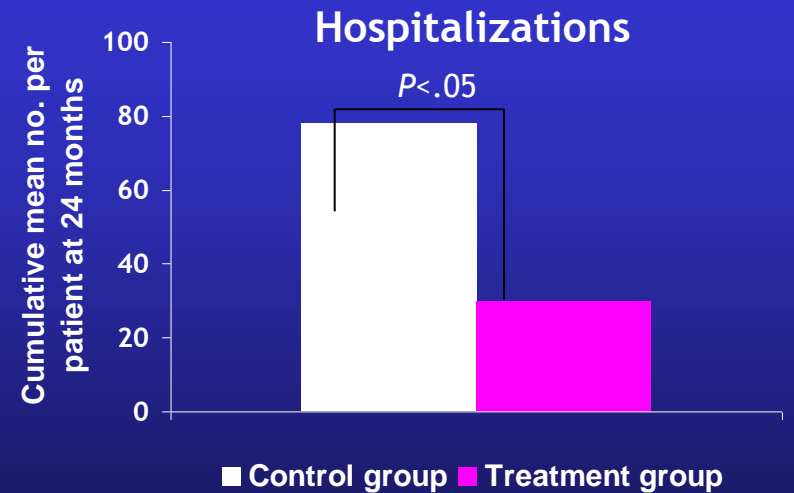
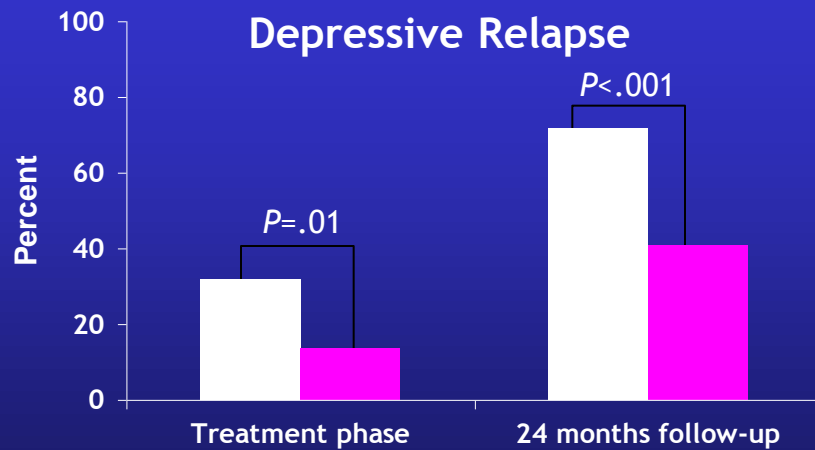
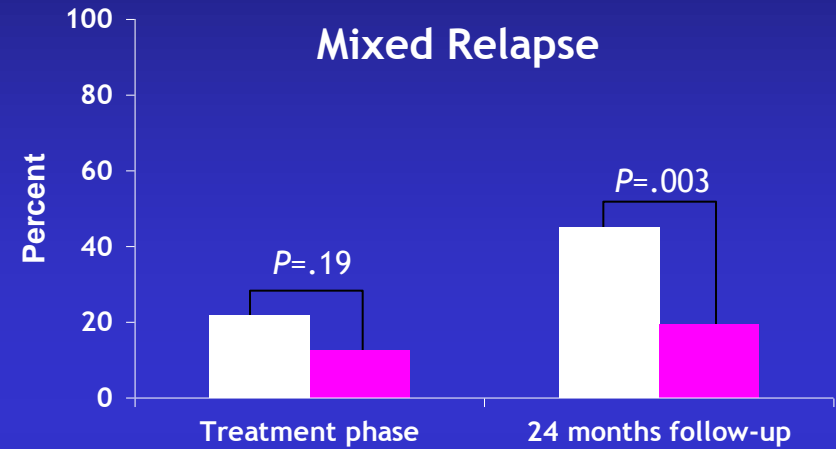
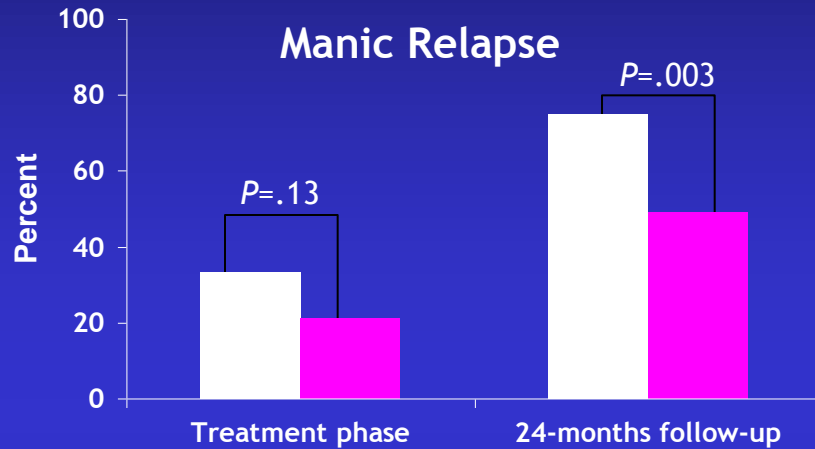
Group psychoeducation



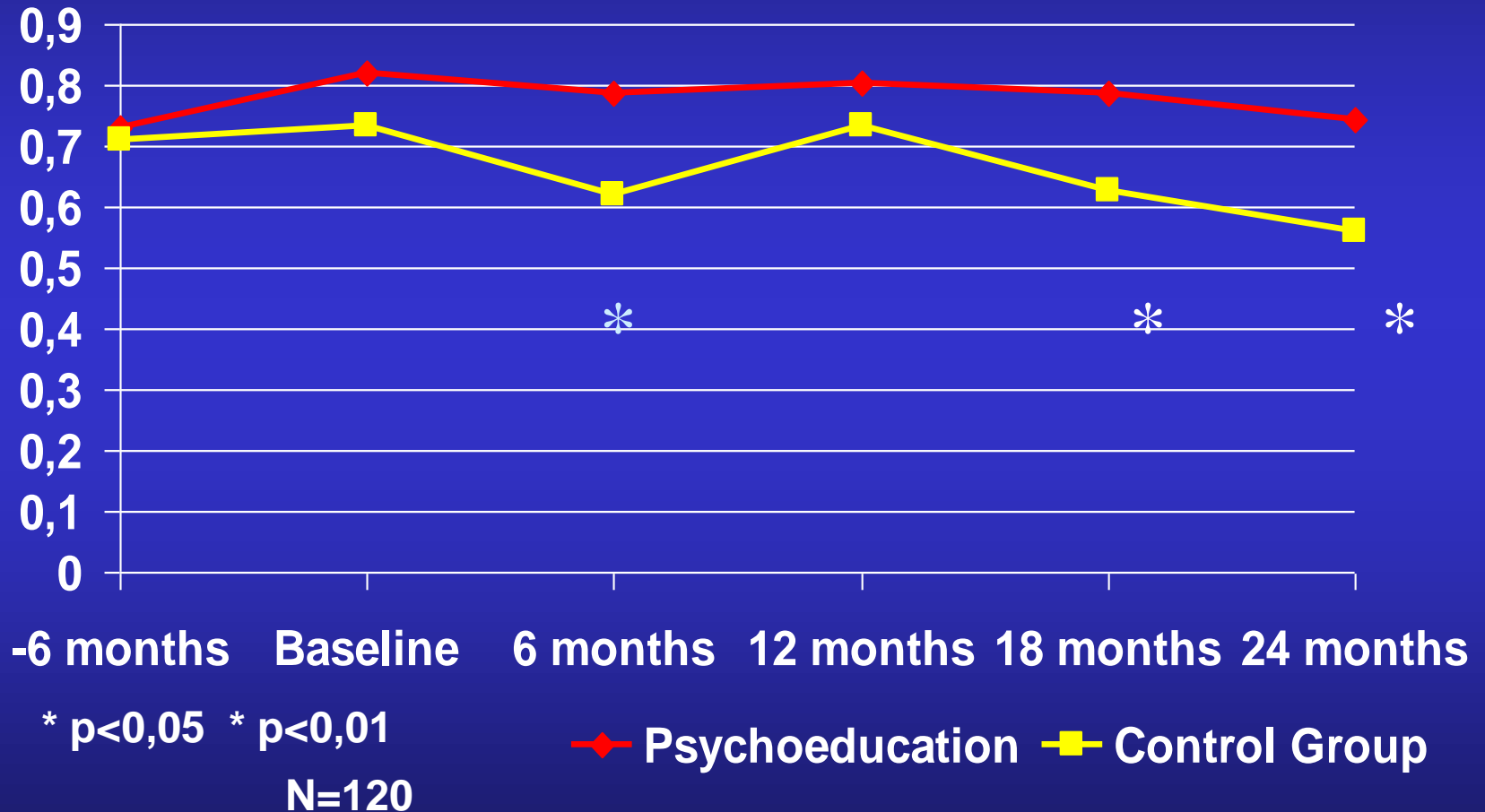
12 + 3 sessions

(Castle et al., 2010)

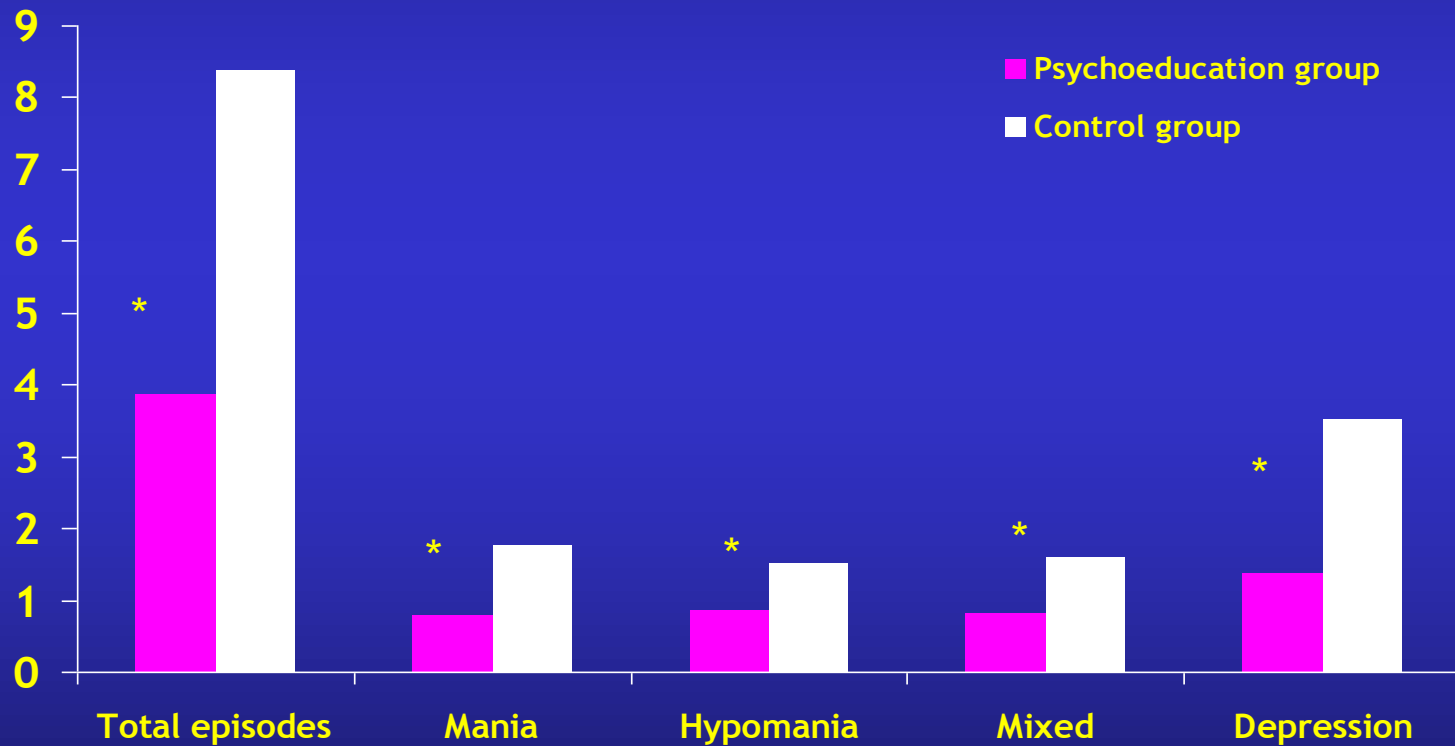
Relapses During and After Psychoeducation (2-year Follow-up)



Lithium Levels During Psychoeducation



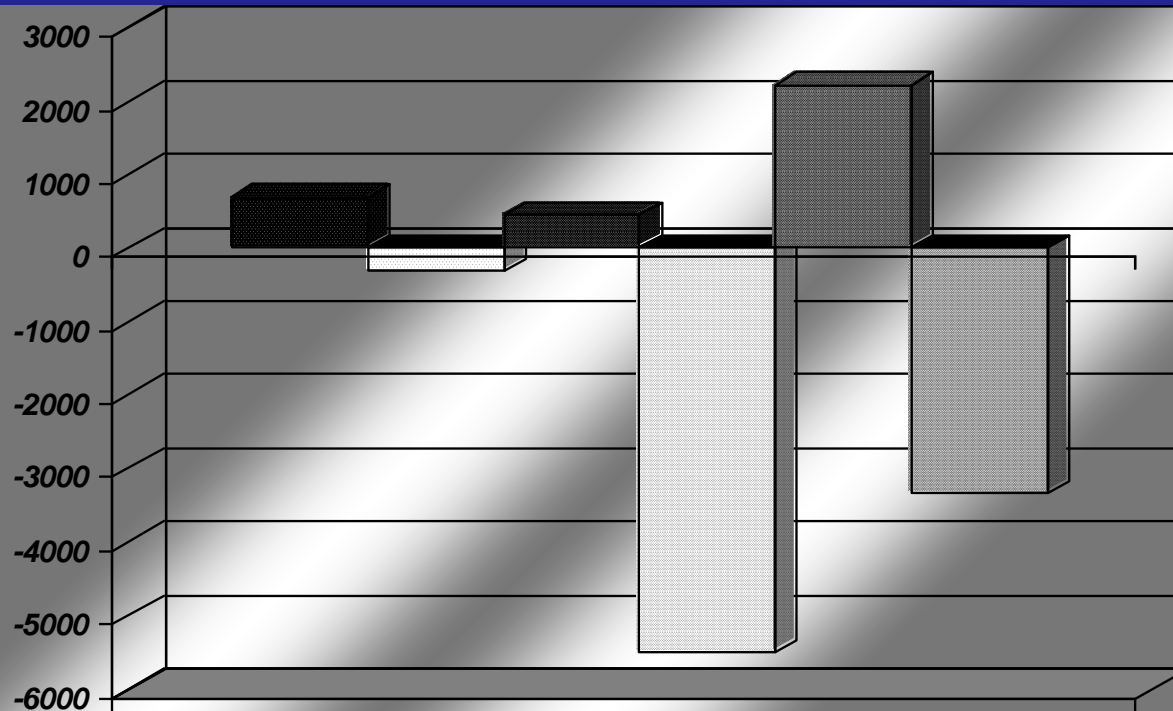
Mean Number of Episodes (5-year Follow-up)



* $P < .05$ psychoeducation vs control.

Costs Between Groups (€)

Psychoeducation-Control



■ <i>Outpatient Visits</i>	699
□ <i>Emergency Visits</i>	-311
■ <i>Prescribed Medication</i>	450
□ <i>Inpatient Service</i>	-5500
■ <i>Total Outpatient Cost</i>	2230
□ <i>Total Cost</i>	-3330