Article: 2184
Topic: 40 - Bipolar Disorders

EFFECTIVENESS OF GROUP COGNITIVE BEHAVIORAL THERAPY (G-CBT) IN BIPOLAR AFFECTIVE DISORDER PATIENTS

I. Kopsahili[1], *R. Papadaki*[1], *S.G. Giakoumaki*[2], *E.M. Tsapakis*[1,3]

[1]'Aghios Charalambos' Mental Health Centre, Heraklion, [2]Department of Psychology, University of Crete, Rethymno, Greece, [3]Department of Psychosis Studies, Section of Neurobiology of Psychosis, Institute of Psychiatry, King's College London, London, UK

Background: Our aim was to examine the role of Group Cognitive Behavioral Therapy (G-CBT) in increasing compliance to pharmacological treatment, and in preventing relapse in BPD type I (BPD-I) patients participating in group CBT at 'Aghios Charalambos' Mental Health Centre.
Methods: Forty patients [20 female and 20 male, age range 30-55 years, mean age 45 years] diagnosed with BPD-I attended a 60 min G-CBT session twice a week for 16 weeks. All patients were normothymic and stable on medication before entering G-CBT. The Beck Depression Inventory (BDI) and the Young Mania Rating Scale (YMRS) were used to monitor mood symptoms at 3 time-points (baseline, on completion of the 16 weeks' period and at the one year follow-up visit). Objective and subjective functioning was rated using the Global Assessment of Functioning (GAF) scale and psychotic symptoms were assessed using the Brief Psychiatric Rating Scale (BPRS) at the same time points. Treatment provided was based on CBT principles and was conducted by two CBT-trained psychologists.
Results: Separate one-way ANOVA's with time interval (3 levels; baseline, 16 weeks, 1 year) as the between-subjects factor, for each scale were conducted. Both the GAF scale's and mood scale's scores increased significantly in the post-treatment stage at 16 weeks and at the 1 year follow-up visit.
Conclusions: The combination of G-CBT and pharmacological treatment proved to be effective in significantly improving adherence to treatment in patients undergoing bipolar affective disorder rehabilitation both following 16 weeks of G-CBT and at the 1 year follow-up visit.

https://doi.org/10.1016/S0924-9338(13)77059-7 Published online by Cambridge University Press