



# Help develop a new program aimed at improving the wellbeing of people with bipolar disorder

## Do you have bipolar disorder?

Are you interested in finding ways to live well with this condition?

You are invited to provide feedback on the BipolarWISE program, developed to assist people to manage their bipolar disorder and enhance aspects of life that are important to them.

**If you would like to be considered for participation in the study please contact:**

The BipolarWISE team  
Phone: **0459 965 545**  
Email: [bipolarwise@deakin.edu.au](mailto:bipolarwise@deakin.edu.au)

**Participation is voluntary and confidential**

BipolarWISE is not a replacement for your usual treatment with your doctor. It is also separate from such treatment. Your relationship with your doctor will not be affected based on your decision to participate. On completion of the individual and group sessions, feedback survey and interview, you will be offered a \$100 gift voucher.

## What is BipolarWISE?

This program involves individual personalised coaching, group workshops and access to a new bipolar disorder app. It is run by an experienced psychologist and co-facilitator.

Online group sessions are run once a week for 13 weeks, with individual telehealth sessions scheduled throughout the 13-week period.

*Who is conducting this research?* This research has ethics approval (ID number 17/190) and is being conducted by researchers at IMPACT, School of Medicine, Deakin University and Barwon Health in Geelong. We acknowledge our funders, the Acceleration Fund of the Department of Health and Human Services, Deakin University and Healthscope for making this research possible.

## What will you be asked to do?

You will be asked to participate in the program and complete:

1. Brief online feedback surveys and a follow-up interview about the program
2. Assessments of mood and wellbeing

## Who can provide feedback?

Adults aged 18 or over who:

1. Have bipolar disorder but are not currently experiencing a full bipolar episode
2. Have a few mild depressive symptoms
3. Receive treatment for bipolar disorder from a medical doctor



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