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## Effectiveness of complementary family and individual psycho-education on depression and manic episodes of the bipolar disordered patients under medication

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**Aim:** Complementary therapies such as psycho-education has been in the focus of attention in the treatment of bipolar disorder and other chronic mental and medical illnesses. The main goal of the current research was to investigate effectiveness of the individual and family psycho-education of the bipolar one patients beside their typical psychiatric pharmaceutical treatments in the prevention of the likely recurrence of depression and manic episodes, compared to an isolated psychiatric treatment.

**Methods:** After checking the inclusion –exclusion criteria a total sample of 66 bipolar one disordered patients were selected by purposeful sampling method and divided randomly into three groups (individual psycho-education, family psycho-education and control groups). Depression and manic symptoms were measured using the HAM-D and the YMRS instruments. Subjects of the all groups were filled two scales in the pretest, posttest and follow up stages.

**Finding:** Data were extracted from scales and analyzed by a GLM: MANCOVA statistical analysis. Significant differences were found between research groups in depression and mania scores. The depression and mania mean scores of the family psycho-education and individual psycho-education groups were significantly lower than control group in the posttest stage, whereas in the follow up stage the therapeutic effects was only stable in the family psycho-education regarding manic symptoms. No other significant effect was evident.

**Results:** It could be concluded that an individual psycho- education intervention could reduce the mania and depression symptoms in the BPD one patient under medication in short-term and not in the long-term. In contrast, the family psycho-education could reduce both depressive and manic symptoms in the short-term and the therapeutic effects was stable in mania symptoms during time. In summary, the complementary family psycho- education can effectively prevent the recurrence of the likely mania episodes of the bipolar one patients under psychiatric treatment and is recommended for them.

### Biography

Shahrokh Makvand Hosseini is an expert Psychotherapist and university Associate Professor of Psychology with more than 15 years experience in teaching and psychotherapy of patients. He has several published books and articles in the field of Mental Health and is Head of Psychological Disorders Health Center in Semnan City. He is also Chief Editor of *Journal of Clinical Psychology* and his previous positions have been: Dean of Faculty of Psychology and Educational Sciences, Education and Higher Education Administration, Member of the Board of University, Head of University Counseling Center etc.

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