



# Recovery In-Sight

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# In-Sight - a holistic recovery

- ◆ Background to the research
- ◆ In-Sight: The group recovery training
- ◆ Study design and methodology
- ◆ Research outcomes
- ◆ Contact



# What is bipolar disorder?

## GOING LOW

Sleep (+ or -)

Appetite (+ or -)

Weight (+ or -)

Activity levels (-)

Memory/concentration(-)

Social/Self-confidence (-)

Negative thoughts (+)

Mood/Pleasure (-)

Pessimism (+)

## GOING HIGH

Sleep (-)

Appetite (-)

Weight (-)

Activity (+)

Creativity (+)

Social/Confidence (+)

Goal-directed acts (+)

Mood/Risk taking (+)

Grandiosity (+)



# Background to the Research

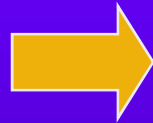
- - Extent of bipolar disorder & nature of the illness
- - Professionally-led therapies
- - Government policy: The Expert Patient, user-centred care, whole life, recovery, personalisation agenda
- - User-led self-management programmes
- - Cost-effectiveness: user-led & group format
- + personal experience of the illness
- => Towards a holistic approach for recovery

# In-Sight - a holistic recovery



+ LIFESTYLE COMPONENTS

PSYCHO-  
EDUCATION



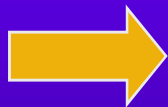
MEDICATION



INTERPERSONAL  
THERAPY



COGNITIVE-  
BEHAVIOURAL  
THERAPY



SOCIAL RHYTHM  
THERAPY



GROUP  
THERAPIES



FAMILY  
THERAPY



SERVICE-USER ILLNESS MANAGEMENT

# Past, present, future: moving forward



Looking  
Back



Examining the  
Present  
&  
Life skills  
Development



Moving  
Forward



Looking

Back

Mood chart  
Mood recognition  
& monitoring  
Stressors & Warning Signs  
Mood-Thinking-Behaviour  
Psychosis & Life Stress

Communication

Assertiveness  
Negative thoughts  
Positive thinking  
Relaxation

Developing  
skills

Substance use  
Anger

Examining  
the Present

General coping  
strategies  
(highs & lows)  
Personal coping strategies  
Medication  
Lifestyle: sleep, exercise, diet,  
social, activity, family.

Best lifestyle choices  
Well-being action plan  
Selecting a goal for change

Weekly activity diary  
Relapse agreement  
Self-help  
group

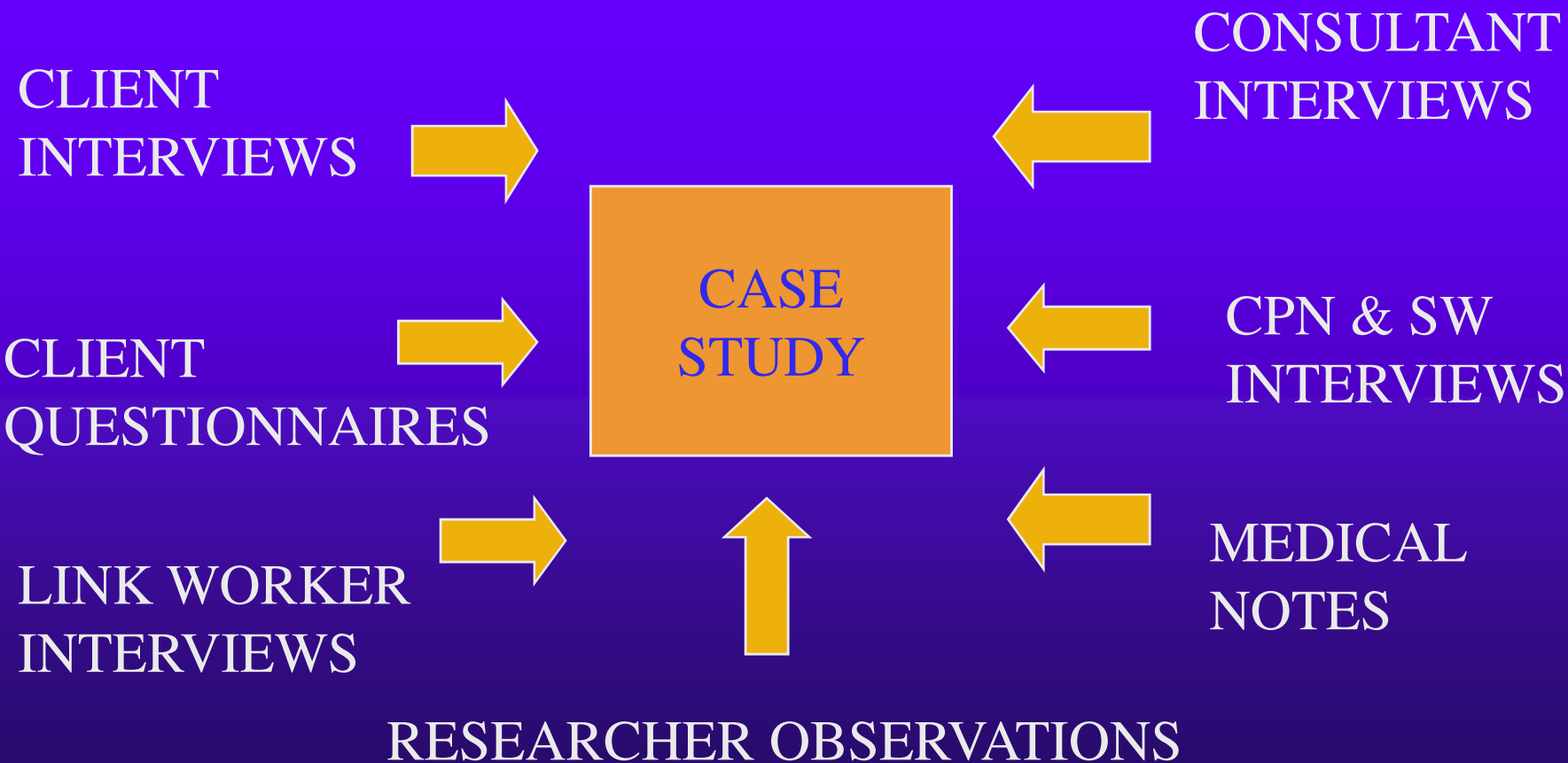
Moving forward

“In-Sight”



Hypothesis: Therapies + personal experience => greater recovery

# “In-Sight” multi-method data collection



# What is 'recovery'?

- A deeply personal, unique process of changing one's attitudes, values, feelings, goals and/or roles ... a way of living a satisfying, hopeful and contributing life even with the limitations caused by the illness ..the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness (Anthony, 1993).
- Process or journey from a negative focus to the positive restoration, rebuilding, reclaiming or taking control of ones life (NIMHE's statement on recovery, 2004).
- "In-Sight: Social recovery, a growth through the breakdown and also a growing mastering of illness management with resultant reduction of symptoms ie. full recovery.



# Training delivery

- 10 => 12 week training. Now 16 weeks
- 3 hours/session + 1 session follow-up
- Seasonal considerations
- Co-facilitator - main study





# Research Methodology

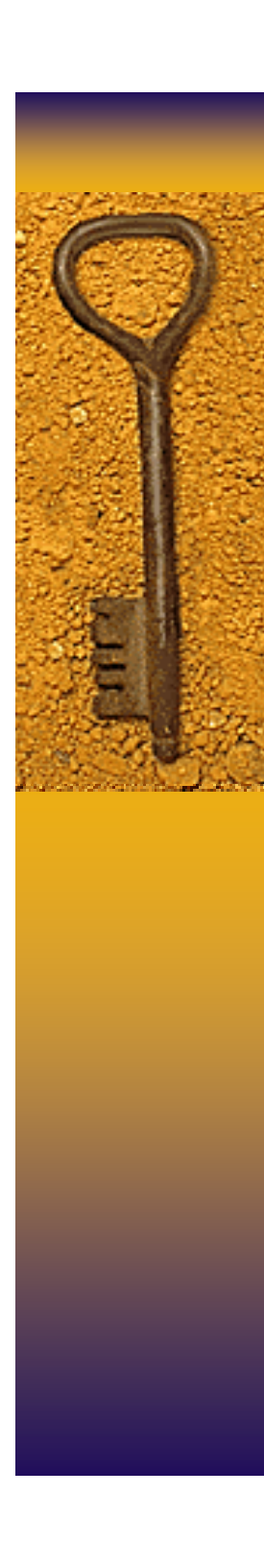
- A case study
- incorporating an experimental design: 2 training groups (13) + control group (6)
- Research stages
- Study setting
- Sample
- Multi-method data collection : self-report questionnaires for mood, coping, empowerment & qol, participant & mh professional interviews, medical notes, researcher observations
- Data collection: Pre-, post- & 6 months post-training.



# Outcomes at 6 months

## 13 participant questionnaires

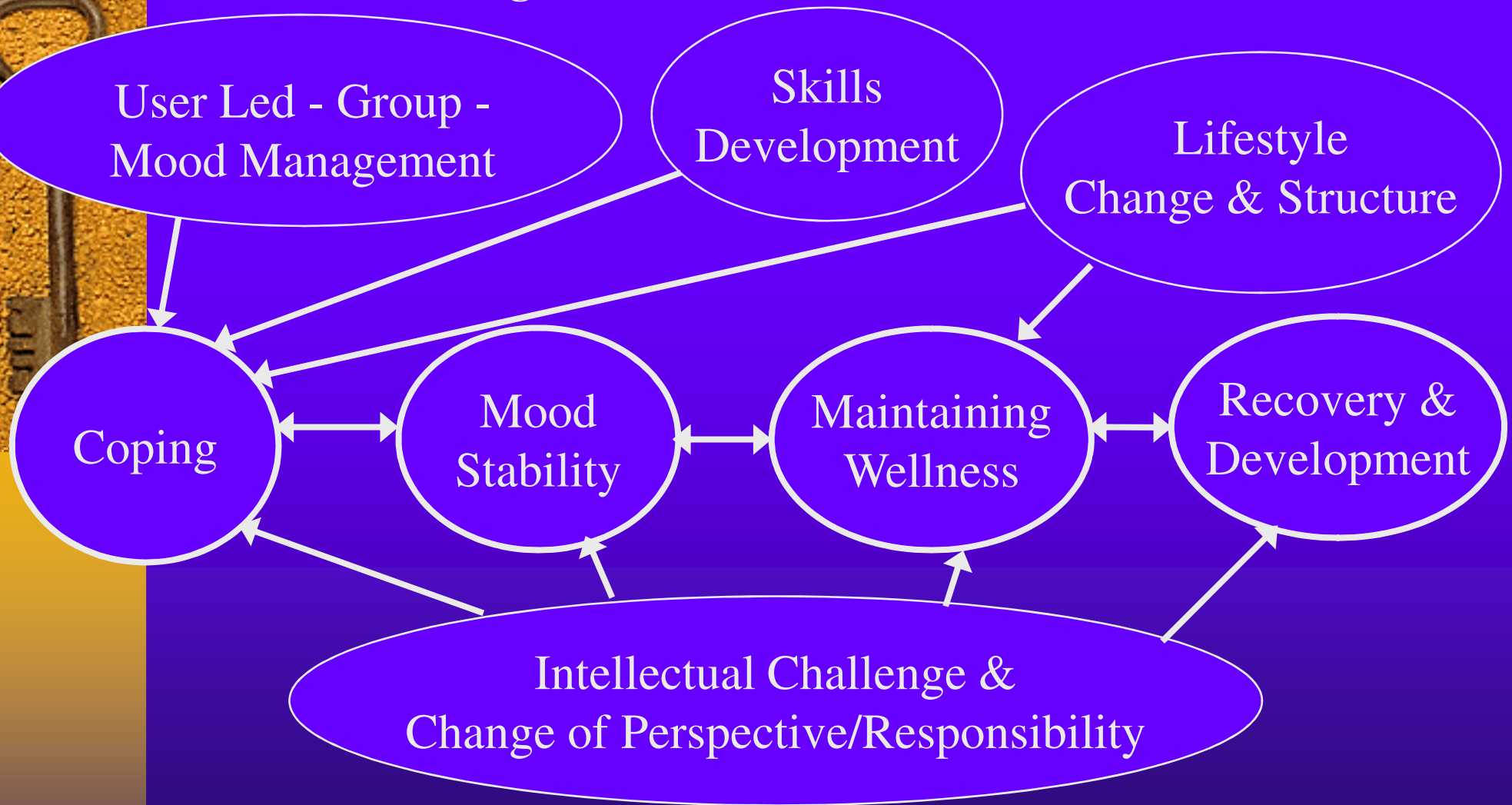
- Greater mood stability - fewer symptoms
- Improved coping
- Greater empowerment
- Improved quality of life
- 10 Bipolar participants : greater improvements & sustainable for longer compared to 3 non-bipolars



# Outcomes at 6 months 6 control questionnaires

- Unstable mood, symptoms worsened
- Poorer coping
- Unstable empowerment (linked to mood)
- Quality of life slight improvement
  
- Of 6 controls:
  - 2 gradually improved, although greater time needed
  - 2 gradual worsening of health with risk of relapse
  - 2 major relapse (depression with psychosis)

## “In-Sight”



Interaction: Model & Empowerment, QOL & Self Over Time

“In-Sight”

User-researcher as part of the group and Group Socialisation & sharing

Social network/ Friendships

Communication/ Self-expression

Knowledge of the illness

Virtuous Circle

Coping

Mood Stability

(Interaction between Model & Outcomes)

Self-confidence

Time

“In-Sight”

User-researcher as part of the group and Group Socialisation & sharing

Social network/ Friendships

Communication/ Self-expression

Knowledge of the illness

Improved therapeutic alliance

Mood Swing

Coping

Mood Stability

Virtuous Circle

More Responsibility for Self, Independence, Less reliance on professionals

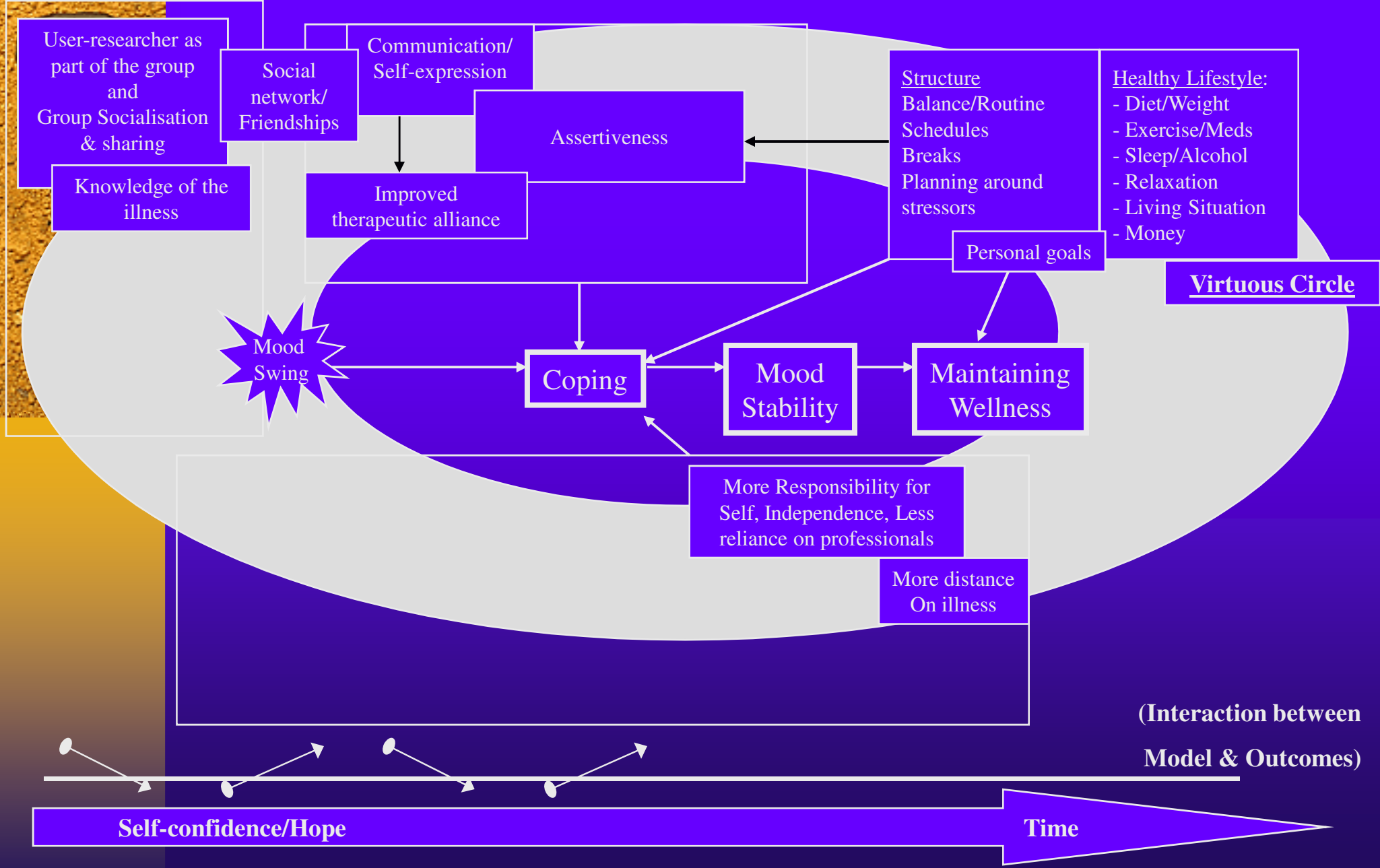
More distance On illness

(Interaction between Model & Outcomes)

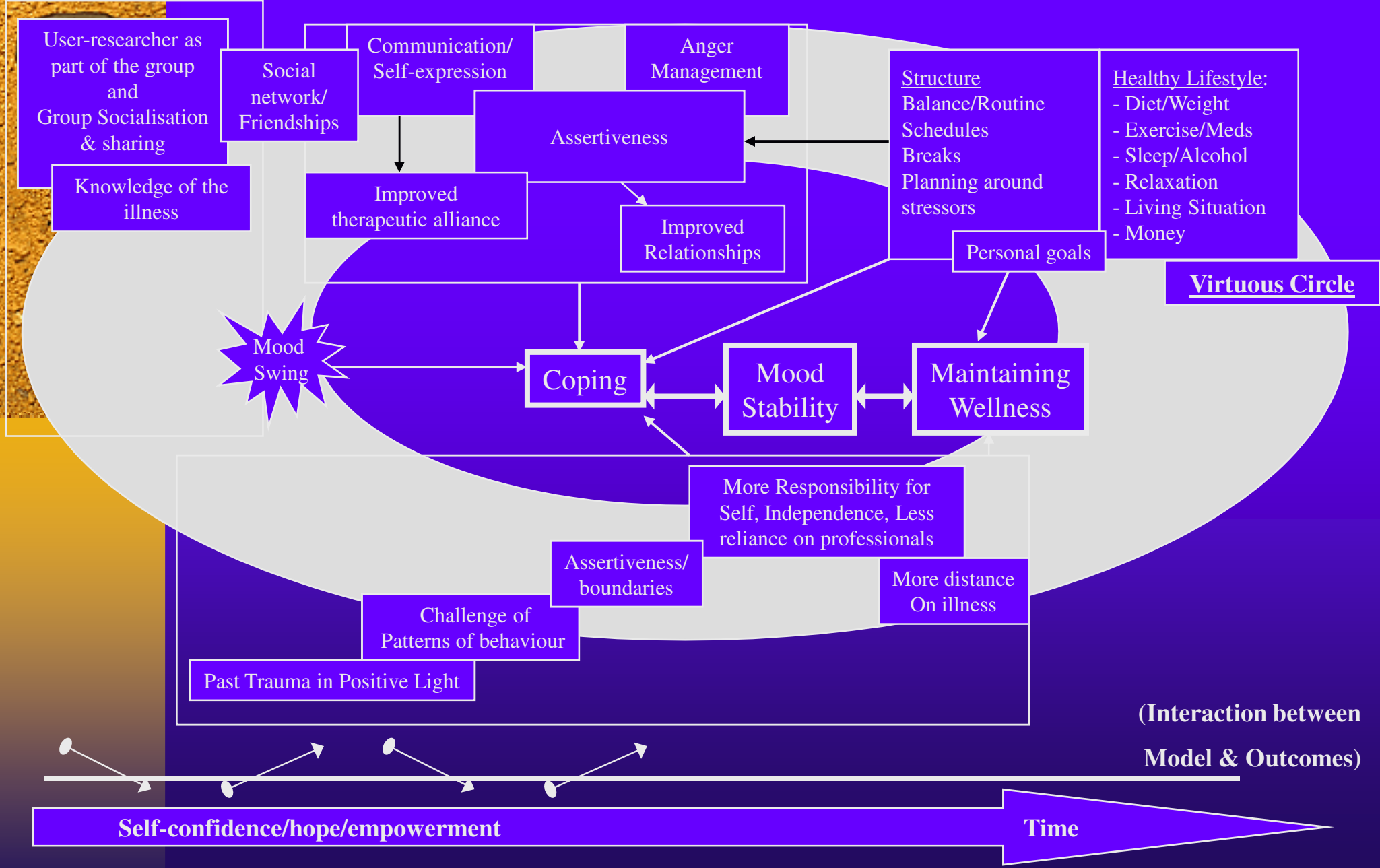
Self-confidence/Hope

Time

**“In-Sight”**



**“In-Sight”**



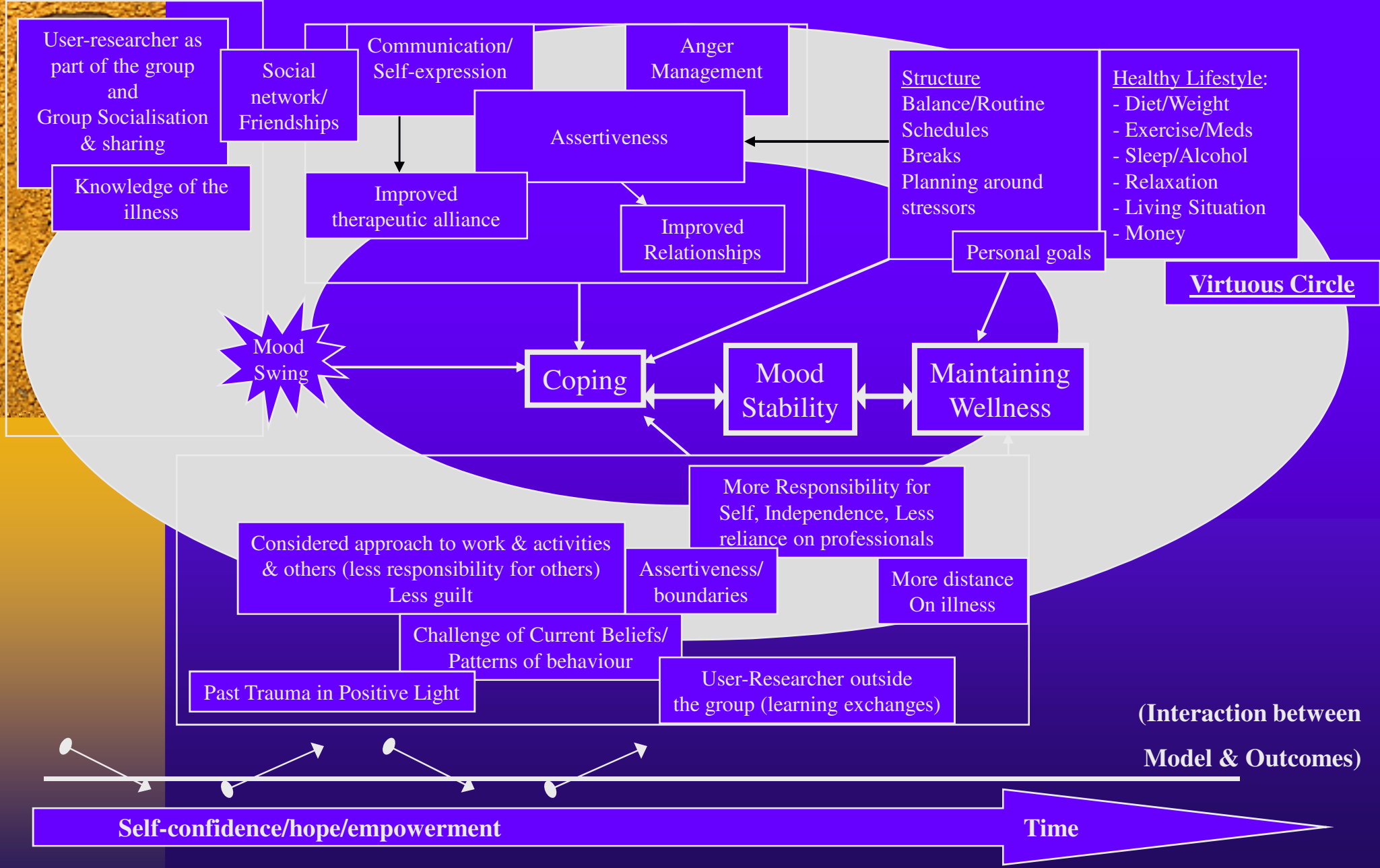
**Virtuous Circle**

**(Interaction between Model & Outcomes)**

**Self-confidence/hope/empowerment**

**Time**

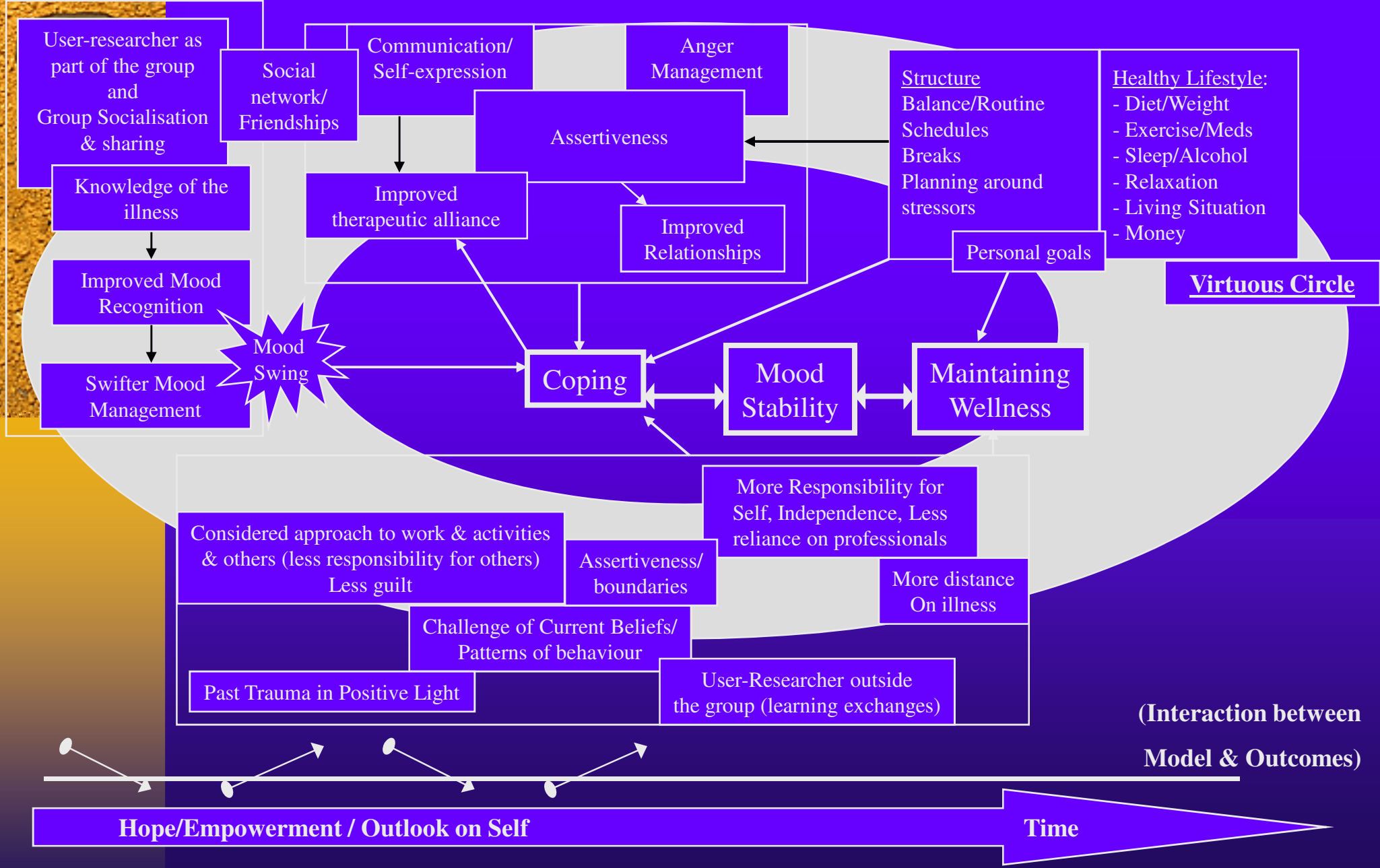
**“In-Sight”**



**Virtuous Circle**

**(Interaction between Model & Outcomes)**

**“In-Sight”**



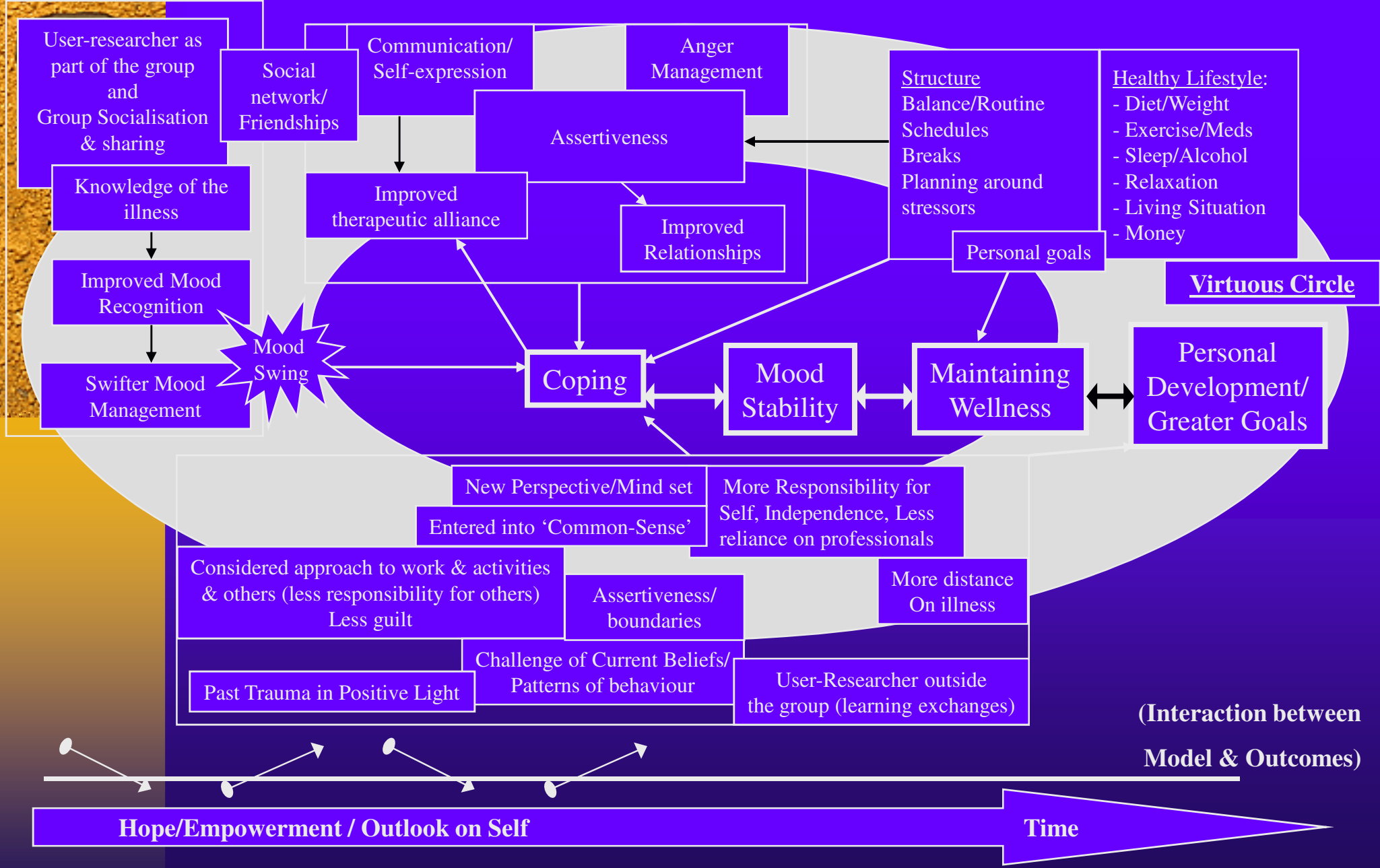
**Virtuous Circle**

**(Interaction between Model & Outcomes)**

**Hope/Empowerment / Outlook on Self**

**Time**

**“In-Sight”**

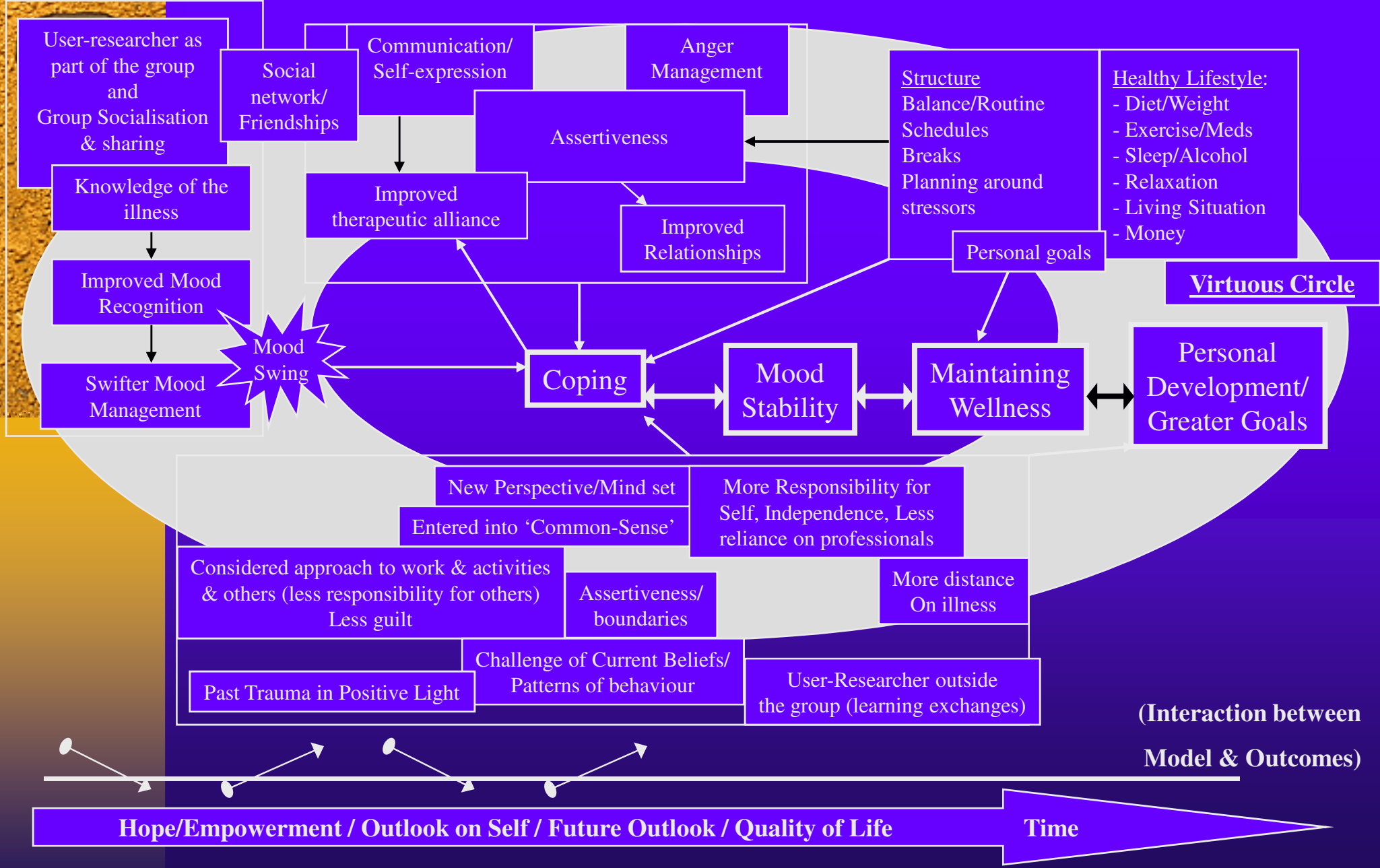


**(Interaction between Model & Outcomes)**

**Hope/Empowerment / Outlook on Self**

**Time**

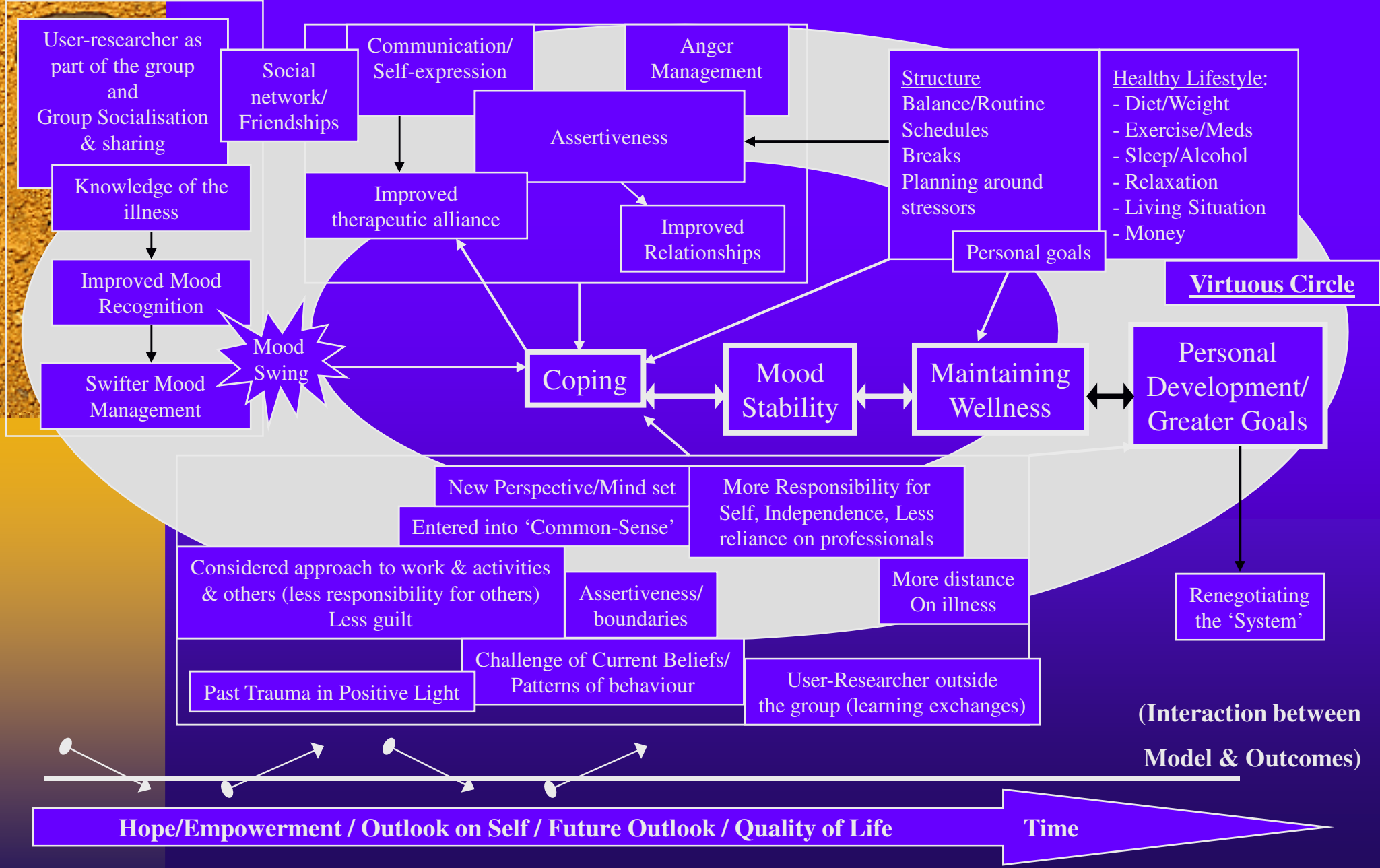
**“In-Sight”**



**Virtuous Circle**

**(Interaction between Model & Outcomes)**

**“In-Sight”**





# Research outcomes

- \* Formal evaluation of programme - effectiveness for people with bipolar disorder & some evidence for non-bipolars
- \* Larger sample/funding needed to test effectiveness further
- \* Adaptation of training for more 'generic' need
- \* Inform benefits of user-led training, wider self-help initiatives and recovery-oriented practice.
- \* PhD from a user-researcher!



# Benefits for the Workforce

- Practical tools & techniques
- For bipolar disorder, depression & other diagnoses
- Own learning tools => clients' learning tools
- Trained In-Sight trainers (service users & carers)
- Locally-delivered, day/times to suit needs
- Bespoke or full course to suit needs
- Robustly-tested, effective benefits



# Recovery In-Sight

## Contact

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