

# A Pilot Study of Functional Remediation for Bipolar Disorder: Feasibility and Preliminary Efficacy

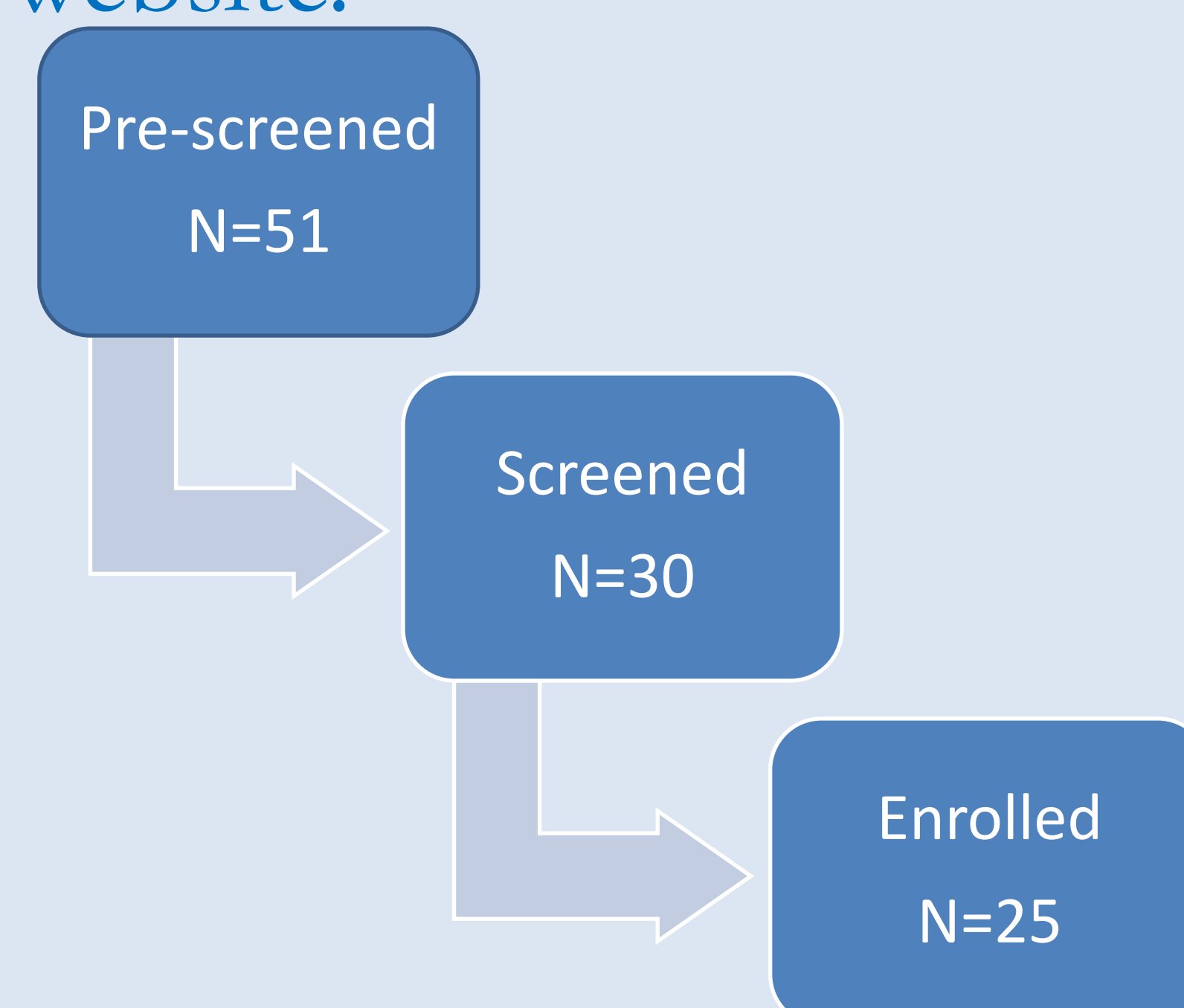
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## Background

- Functional Remediation (FR) was developed as an intervention to improve cognition and overall functioning in bipolar patients.
- FR has been validated as a single RCT in Barcelona, Spain.
- Aim: To replicate, in a US sample, the overall **feasibility, acceptability, and efficacy** of the Barcelona Functional Remediation intervention in improving functioning and cognition

## Method

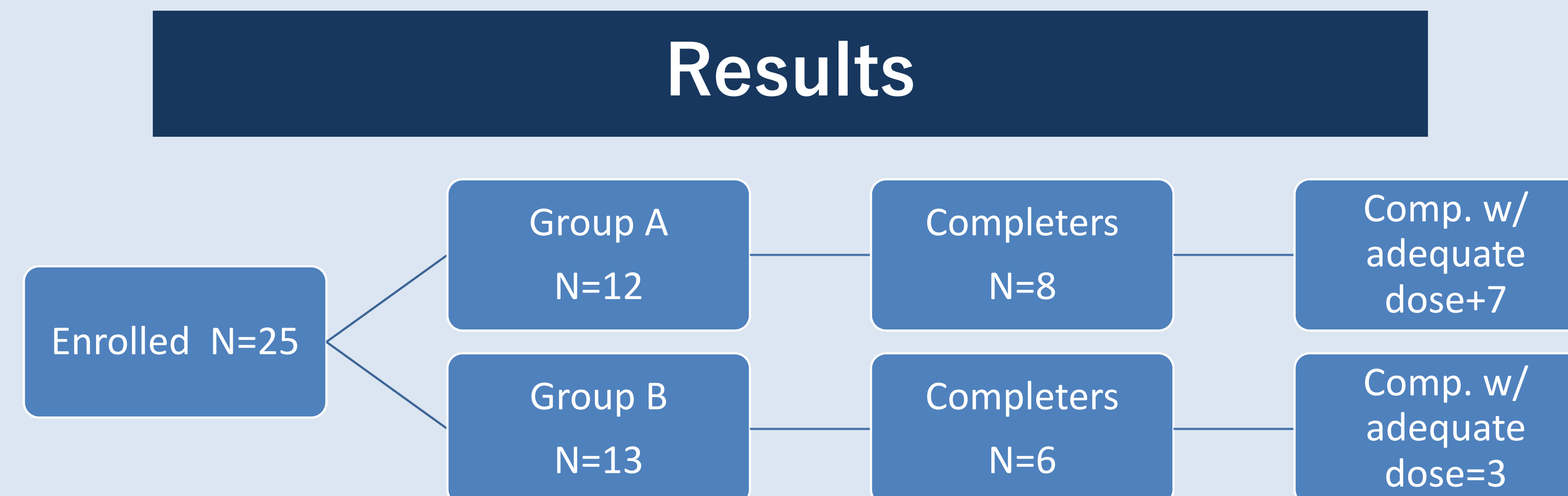
- Recruited through Prechter Bipolar Longitudinal Study at Michigan Depression Center and UM Research website.



- 30, BP1 and BP2 diagnoses, completed baseline assessments: MINI, FAST, MADRS, CARS-M, and a comprehensive neuropsychiatric battery.

- 25 individuals were sequentially enrolled and placed in groups (A or B) to receive the group intervention.
- The intervention-** 21 weekly 90-minute sessions, taught by a neuropsychologist and a psychiatrist. Modules-attention, memory, problem solving, multitasking, stress management, communication
- Pre/Post intervention assessments and a satisfaction survey done

## Results



- Completers: Completed pre-post assessments and FR intervention
- Adequate dose: Attended at least 16 of 21 sessions

Demographics and baseline clinical characteristics N=10		
	Mean (SD)	Range (min- max)
Diagnosis (% BPD 1)	90	
Age (years)	48.7 (5.3)	39-58
Gender (% female)	60	
Education (years)	16.7 (1.6)	13-18
Functional Impairment (FAST)	21.6 (7.71)	5 - 32
Depressive Symptoms (MADRS)	6.9 (9.4)	2-24
Manic Symptoms (CARS-M)	3.9 (3.2)	0-11

- FEASIBILITY:** 56% were completers. Removing individuals who never attended a session, 78% from group A and 27% from group B got an “adequate dose” of FR. 40% were completers and got an “adequate dose” of FR

## ACCEPTABILITY:



- EFFICACY:** Pre-post FAST scores did not change significantly. Average 19.7 at post-assessment.

## Conclusion

- Satisfaction with the intervention was promising, but retention and impact on functioning appeared low.
- Future directions- The intervention would need modification to enhance feasibility and efficacy. A shorter intervention (10-12 sessions) with more focus on skill development and practice may enhance retention and improve functional outcomes..