

# Bipolar Disorder Group Study

## Starting in April 2016



### **What is the study about?**

The purpose of this research is to develop a psychological intervention for people with bipolar disorder. We hope that the Learning Affective Understanding for a Rich Emotional Life (**LAUREL**) group will: (1) help people learn to notice, increase, and create a balanced presence of positive experiences and (2) improve their quality of life.

### **Who can participate in the LAUREL Group?**

- People with a diagnosis of bipolar I disorder
- People between 18 and 65 years old
- People who speak fluent English
- People with no history of a major head injury or neurological disease

### **What will I do?**

First, you will be interviewed about your current and past symptoms and experiences and complete self-report questionnaires. Then, your symptoms will be assessed one week prior to the start of the group sessions.

Following the completion of this interview, you may be invited to join a 10-week therapy group and complete two additional interview sessions.

The groups will take place at UC Berkeley and will last 90 minutes each. The final two interviews will be scheduled after the completion of the group.

### **Where does the study take place?**

The interviews and group will take place in Tolman Hall on the UC Berkeley campus.

### **How long will it take?**

This study will take about 25 hours total. Each of the 4 interviews will take up to 1-3 hours each (for a total of about 10 hours). The group sessions will take 90 minutes each (for a total of 15 hours).

### **Will I get paid?**

You will be paid \$15.00 per hour for your time while participating in the interview sessions. You will be compensated for travel and parking for each of the group sessions.



### **How do I find out more?**

You can call us at 510-542-8241 or email [UCBGroupStudies@gmail.com](mailto:UCBGroupStudies@gmail.com)