OXTEXT
IMPROVED MANAGEMENT
FOR PEOPLE WITH BIPOLAR DISORDER

UNIVERSITY OF OXFORD

An innovative approach to supporting self-management for people with bipolar disorder

Dr Jean Christensen
OXTEXT Project Manager

Oxford Health NHS
NHS Foundation Trust

OXTEXT Programme

- To develop **True Colours** into an effective service for patients with bipolar disorder
- A system of mood monitoring using self-report by text or email
- Funded by NHS National Institute for Health Research
- Began early 2010 - planned to run for four years

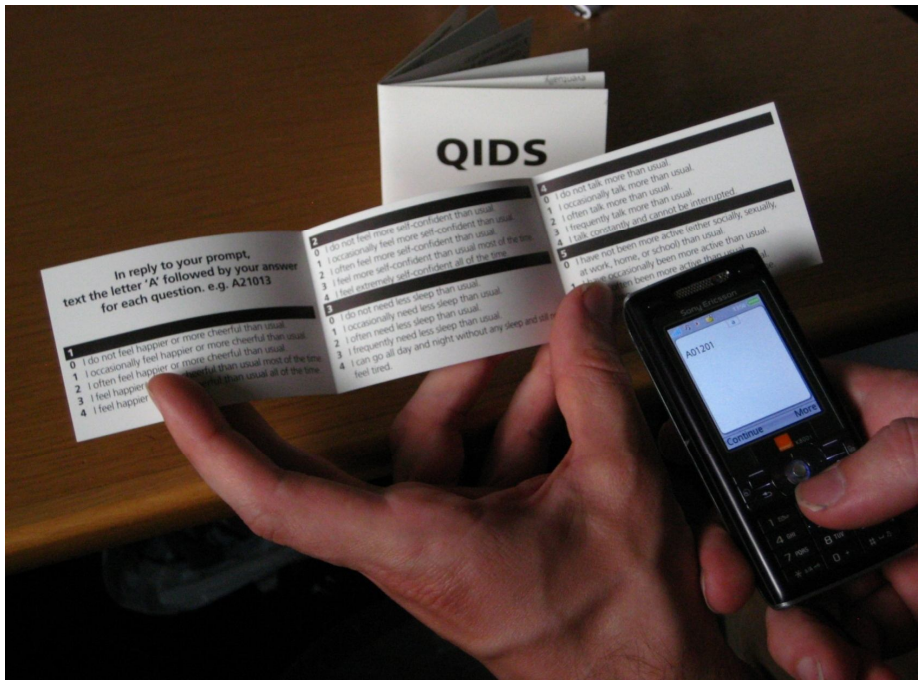
Why is the research needed?

- Recurrent and severe mental disorder;
- Sixth most important cause of disability worldwide in the 15-44 years age group;
- Impacts on life chances of patient and relationships with family and friends;
- High levels of physical co-morbidity;
- Episodic – care needs to be responsive and flexible;
- Self-monitoring helps to put patient in control (NICE 2006)

Current services:

- Not flexible – appointments are often not available at the time that's needed;
- Difficult to get to see a specialist consultant;
- Unnecessary admissions and increased morbidity because of lack of early intervention;
- Self-monitoring tends to be mostly on paper – not completed in 'real time' and can be forgotten.

What is True Colours?



- **True Colours effortlessly engages the patient:**

  we send weekly text or email messages to enable patients to self-report their symptoms using mood rating scales.

- **True Colours effortlessly reminds the patient:**

  we send reminders when patients do not respond

True Colours

You are logged in as:

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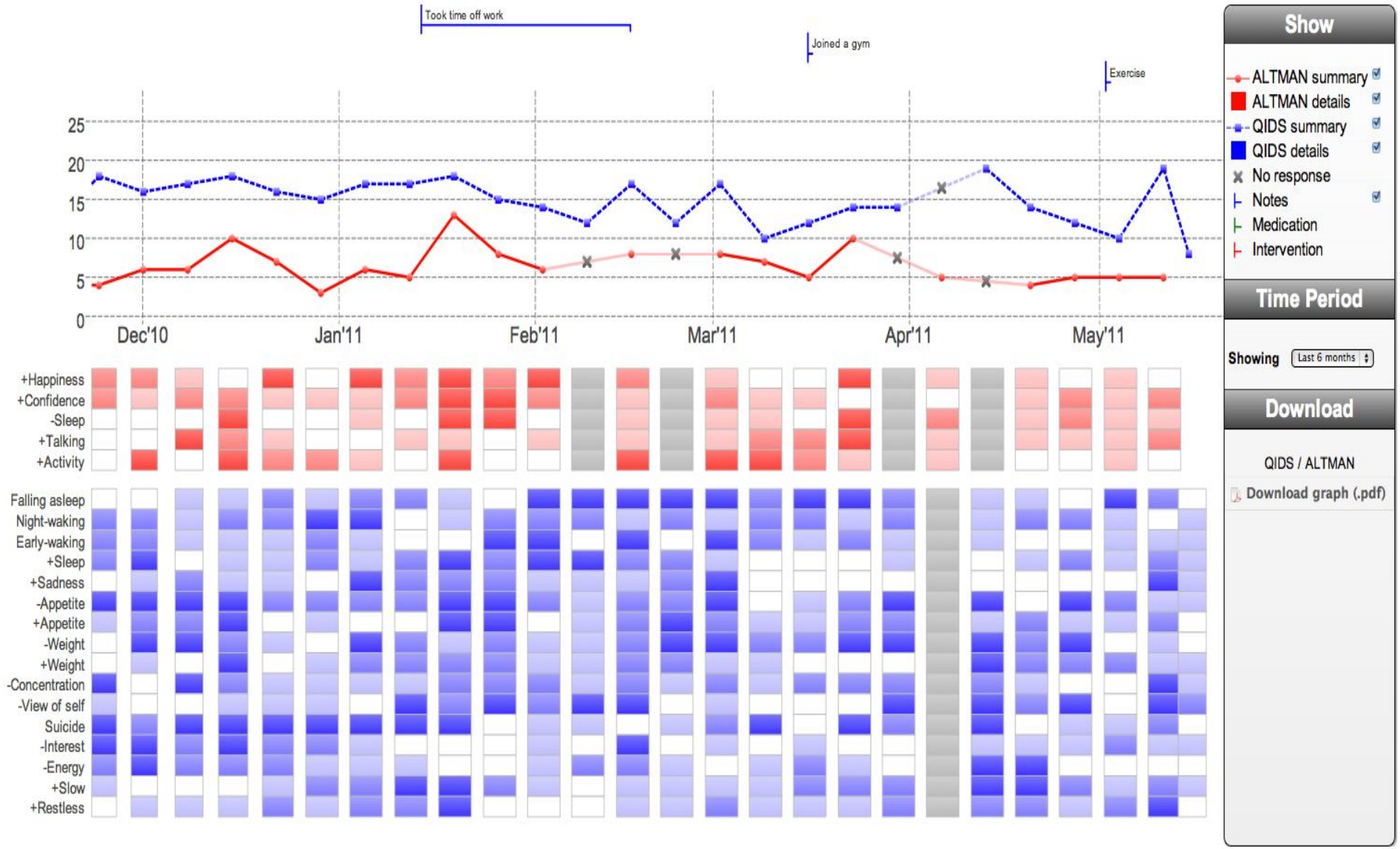
Graph | Questionnaires | Notes | Details | Contact us | Information



Show

- ALTMAN summary
- ALTMAN details
- QIDS summary
- QIDS details
- No response
- Notes
- Medication
- Intervention

Time Period

Showing Last 6 months

Download

QIDS / ALTMAN

Download graph (.pdf)

NHS Live Awards 2008:

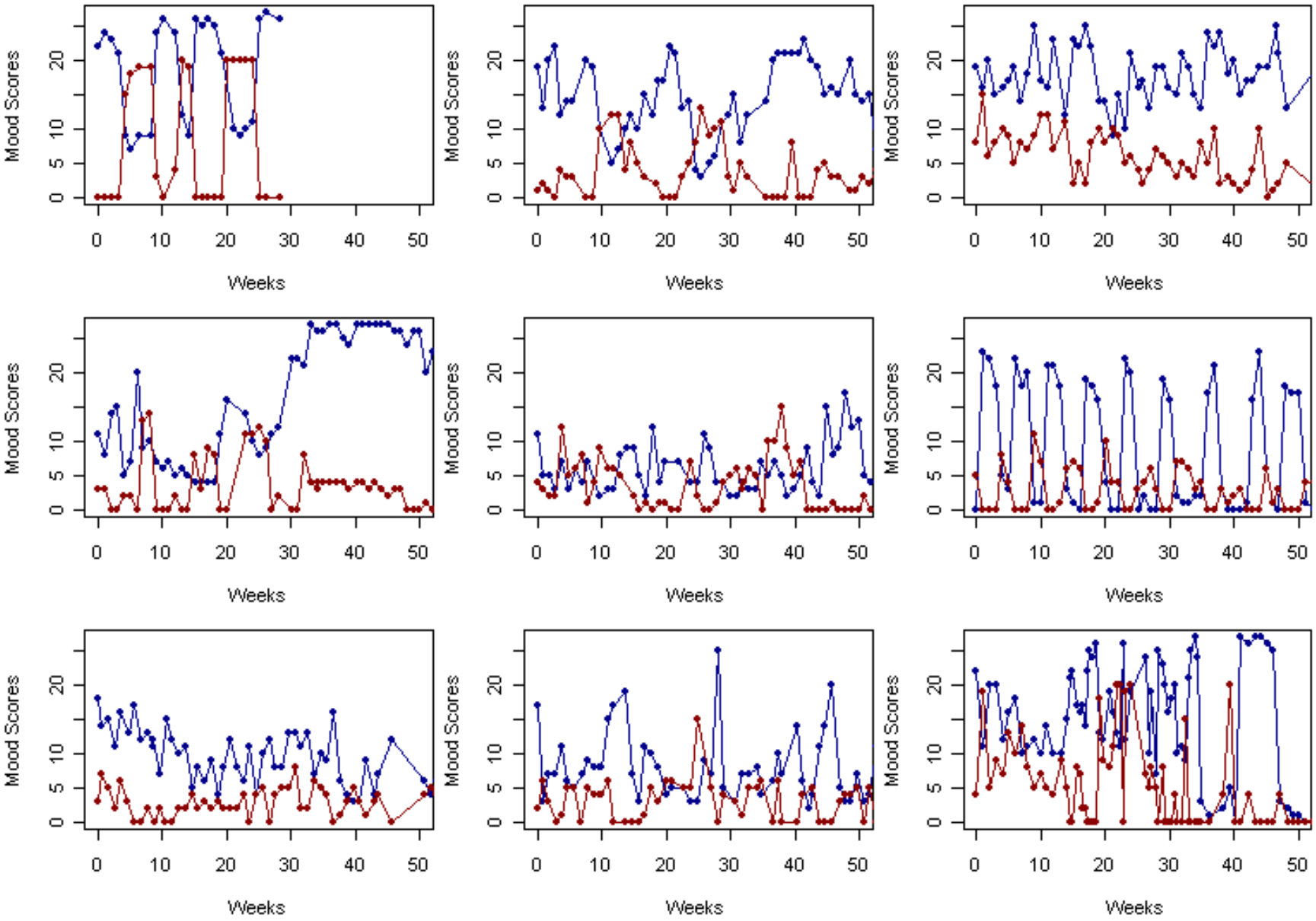
Service to clinicians:

- Allows weekly review of all patients quickly and efficiently
- Gives automatic audit of patient outcomes
- Simplifies review of the impact of interventions
- Simplifies appointments in person : speeds review of mood history and stability
- Facilitates psychoeducational component of relationship with patient

What's in it for patients?

- Learn more about their personal symptoms and how they may be affected by day-to-day habits and lifestyle choices
- Track effectiveness of treatments
- Identify beneficial or harmful behaviours
- Engaging in self-management of symptoms

Messages from the data:



Integrated Mood Management

Integrated Mood Management

- **Session 1:** Reviewing mood and monitoring symptoms
- **Session 2:** Identifying risk and protection factors
- **Session 3:** Mood, sleep and daily routine
- **Session 4:** Medicines and mood; using substance/alcohol and mood
- **Session 5:** Evaluation and finalisation of the Integrated Mood Management Plan

Clinical Trial: OXTEXT-6

- Manualised Integrated Mood Management (MIMM)
- Daily Mood and Sleep monitoring
- Weekly monitoring using QIDS and ARSM

V

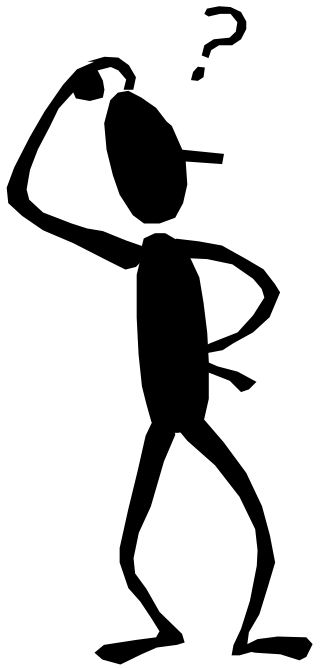
- Facilitated Integrated Mood Management (FIMM)
- Daily Mood and Sleep monitoring
- Weekly monitoring using QIDS and ARSM

Evaluation:

Twelve months follow-up

- Depressive symptoms at 12-months after randomisation
- Time to recurrence of manic or depressive episodes
- Self-management knowledge, understanding and action
- Quality of life ratings
- Costs and cost effectiveness

Any Questions?



http://oxtext.psych.ox.ac.uk/
oxtext@psych.ox.ac.uk
Tel: 01865 613131