Early Intervention using IPSRT

Goldstein et al. 2018

It is shown that between “5-19% of offspring of parents with BP develop BP themselves by young adulthood”

Method: The study performed by Goldstein and colleagues included 42 participants aged 12 to 18 years old with a bipolar parent that were randomized to receive interpersonal and social rhythm therapy along with a developmental intensive relationship to treat any psychiatric disorders that were present at the beginning of the study. The participants were asked to wear an actigraph, which measures sleep and wake patterns in the beginning of the study for seven days, and at the six month mark as well.

Results: No participants developed any new mood disorders, and there was found to be a decreased risk of hypomania after utilizing interpersonal and social rhythm therapy. Although very minimal, the adolescents did also experience more regular sleep and social rhythms as well (Goldstein 2018). Monitoring moods and rhythms throughout daily activities is essential in treating bipolar disorder effectively and for an extended period of time.

Social Rhythm Therapies for Mood Disorders

Hynes et al: researchers pinpoint the idea of the social rhythm hypothesis of depression.

Hypothesis: stressful events in a person’s life and depression can interrupt their daily routine, which then causes unpredictability in other areas such as sleep, mood, and overall well being.

Method: Total of 64 participants that were diagnosed with bipolar disorder were involved. They were asked to record the times that they performed their daily activities and keep track of their moods during the time of data entry. Researchers also asked participants to set target times for their activities, and strive to start the activity within 45 minutes of the target time. The participants were also given feedback regarding their medication, IPSRT has been proven to increase quality of life, reduce mood symptoms or chances of a manic episode occurring, and prevent relapses.

Regulation of symptoms can be critical for those with bipolar disorder that are ready to undergo a manic or depressive episode. In combination with medication, IPSRT has been proven to increase quality of life, reduce mood symptoms or chances of a manic episode occurring, and prevent relapses.