



# MOOD Swings

An online intervention aide for Bipolar Disorder

[www.moodswings.net.au](http://www.moodswings.net.au)



Ms Sue Lauder & Dr Britt Klein  
Professor Michael Berk  
Professor David Castle  
Dr. Seetal Dodd  
Dr. Andrea Chester



*This project gratefully acknowledges the  
funding support of beyondblue the  
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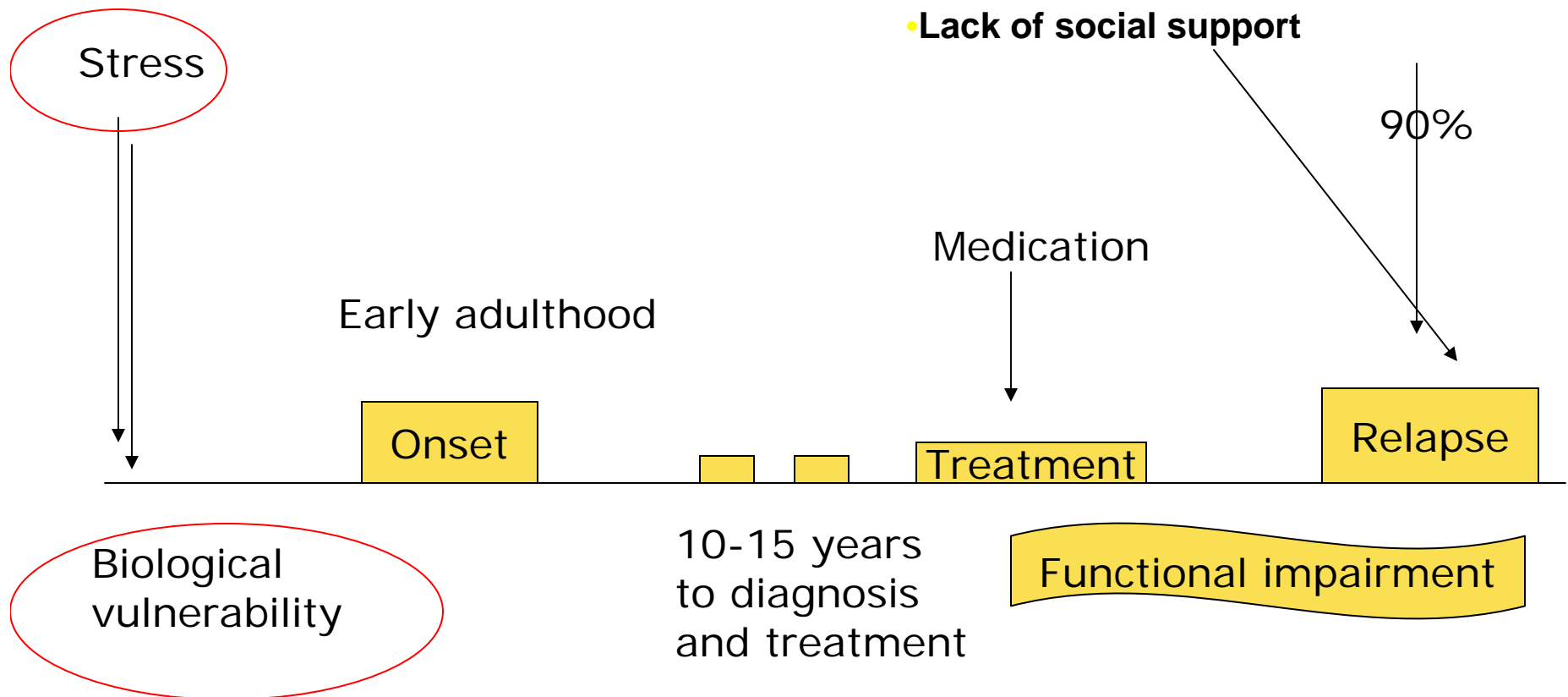


# Bipolar Disorder



## Risk factors

- Life events
- Cognitive style
- Goal striving behaviour
- Disruption of sleep /social rhythms
- High expressed emotion
- Lack of social support



# MAPS: f2f group program

## Education

Understanding  
illness and  
treatment

Personal Workbook  
Welcome to M.A.P.S.  
a group based program for bipolar disorder



M: Monitoring  
A: Assessing  
P: Preventing relapse  
S: Setting SMART goals

## Illness Profile

Triggers  
Warning Signs  
Episodes

## Collaboration

Development of  
supportive  
relationships  
-Dr/therapist  
-Family/friends

## Action strategies

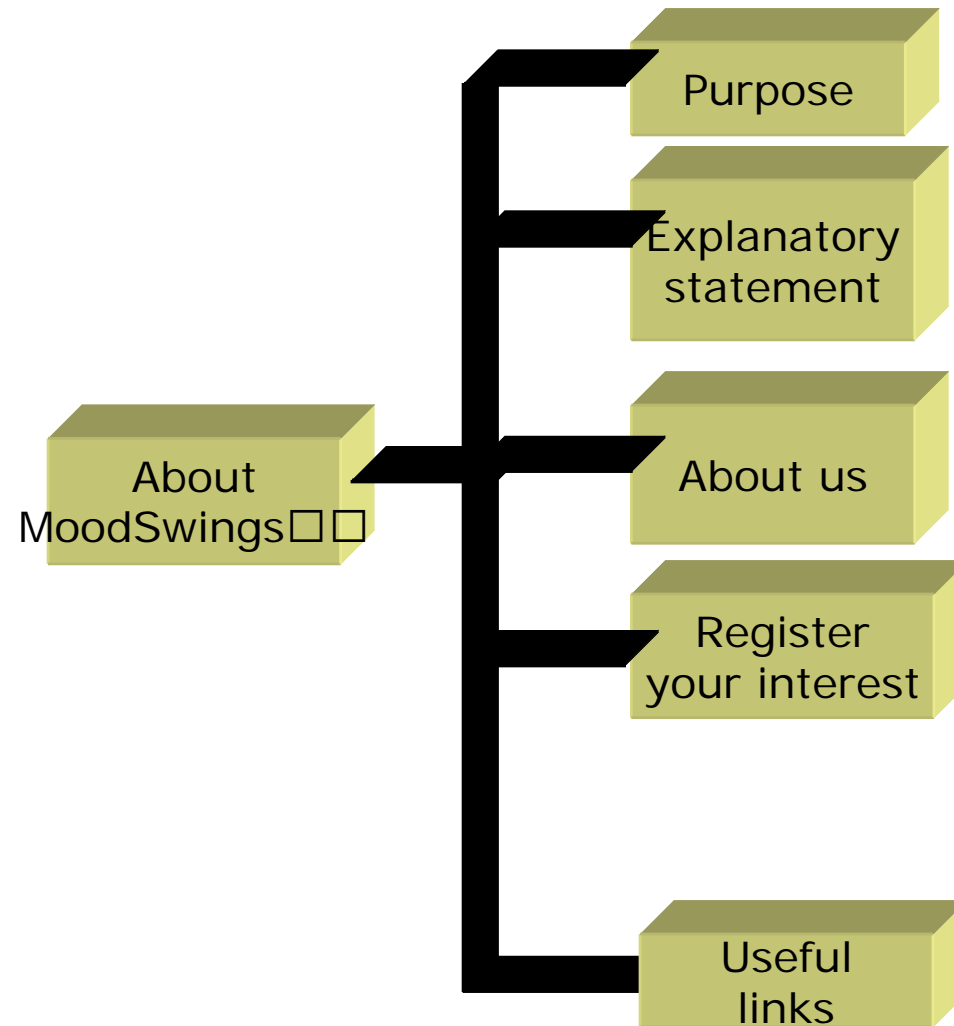
To minimize relapse  
Constructive coping skills

# Aims of MoodSwings

Using a randomized controlled design comparing an active intervention (CBT) with information only control group (both with discussion group).

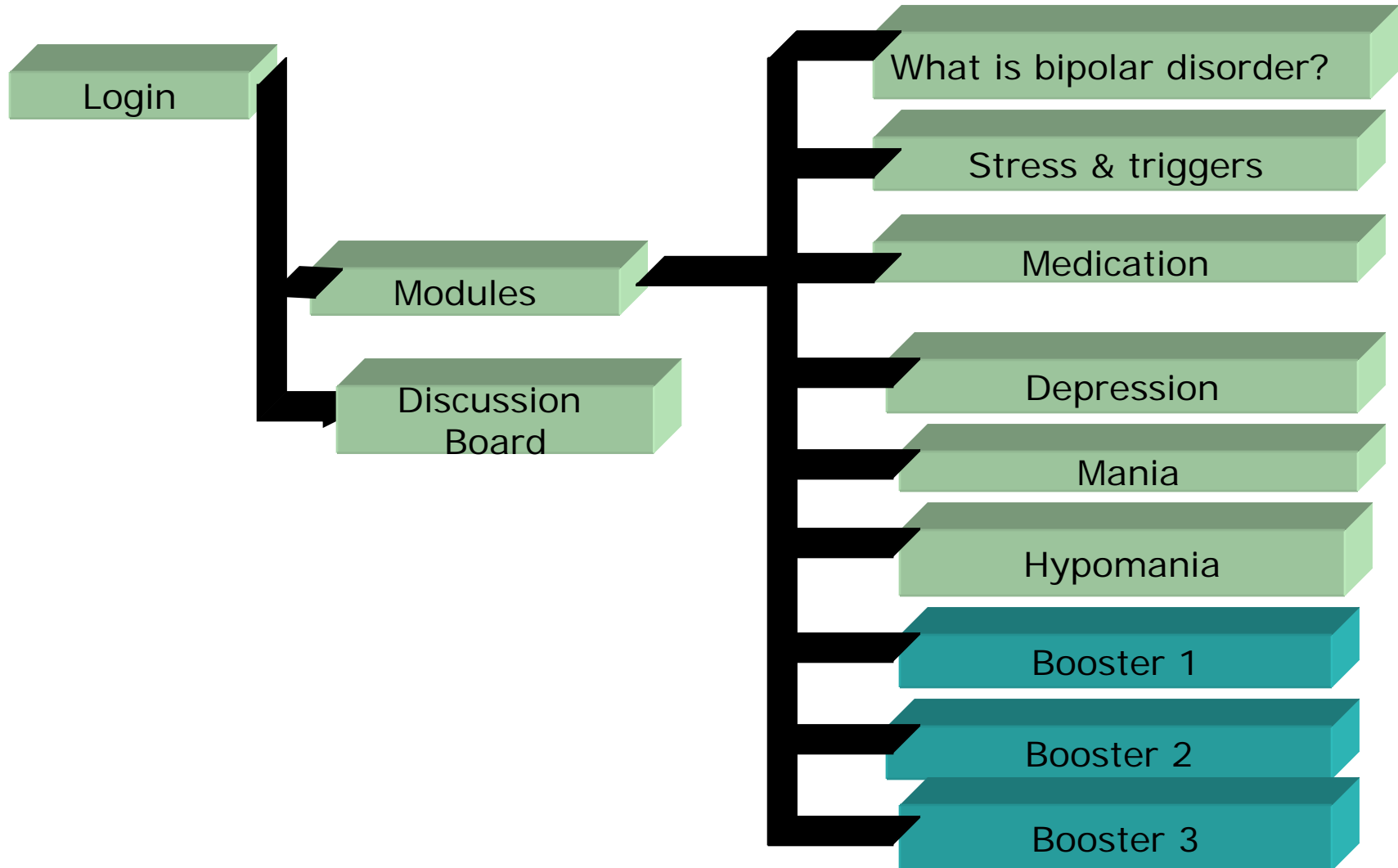
1. Reduce number and severity of illness episodes
2. Reduce sub-syndromal symptoms between episodes
3. Improve social support
4. Improve quality of life
5. Maintain or improve medication adherence
6. Demonstrate a dose effect of the intervention

[www.MOOD Swings.net.au](http://www.MOOD_Swings.net.au)





# MoodSwings Modules



# MoodSwings Personal Tools

My profile

Stressors  
Medication  
About me  
-Strengths  
- Pleasurable activities  
Illness profile  
Reducing relapse plans

My tools

Monitoring mood  
Life chart  
Problem solving & goal setting  
Thinking strategies  
Weighing things up

Login

Modules

Discussion  
Board

What is bipolar disorder?

Stress & triggers

Medication

Depression

Mania


Hypomania



# MoodSwings Modules

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**MOODSwings**  
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**What is Bipolar Disorder?**

- Overview of module
- Understanding moodswings
- Patterns of bipolar disorder
- What causes bipolar disorder
- There's more to me
- Discussion group topic
- Stress and triggers
- Medication
- Depression
- Mania
- Hypomania
- 3 Month Booster
- 6 Month Booster
- 12 Month Booster


## WHAT IS BIPOLAR DISORDER?

You are here: [Home](#) > [Modules](#) > [What is Bipolar Disorder?](#)

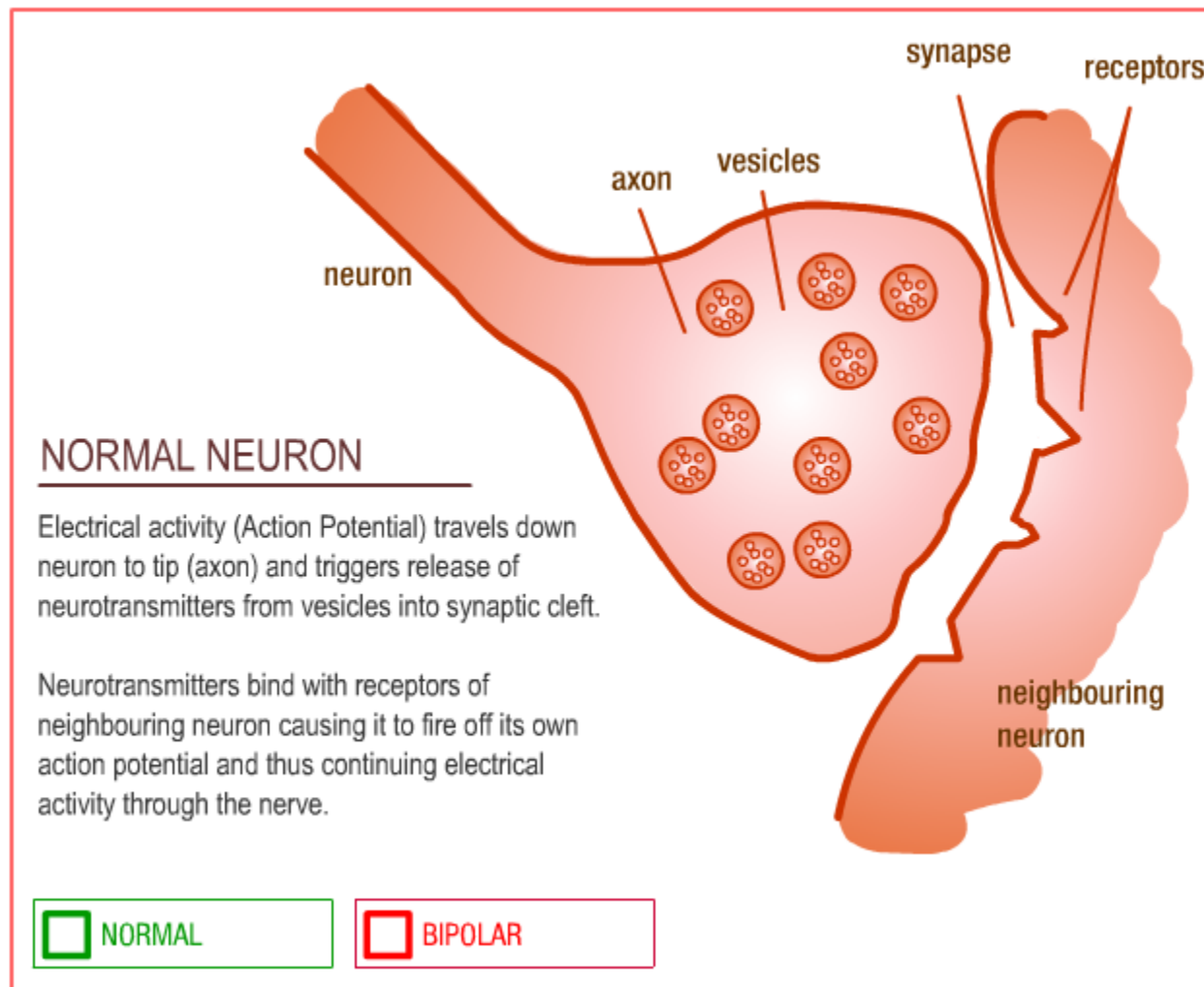
Everyone experiences changes to their mood. For most people these mood changes are linked to things happening in their daily life. We are 'up' or happy when our sporting team wins, 'down' or sad when they lose.

In bipolar disorder changes in mood are not directly accounted for by things happening in everyday life. The moodswings are more extreme. The 'ups' go beyond normal happiness to having boundless energy and feelings of elation. At these times there can also be intense feelings of irritability. The 'downs' go beyond a brief moment of feeling blue. There is a real depth to the sadness, feelings of despair and a loss of hopefulness for the future. This sadness is not diminished, even when good things happen.

Bipolar disorder is a chronic condition. That means there are no cures for the condition, but it is treatable. There are medications and psychological treatments that are helpful in staying and living well.



# Use of flash objects



# Discussion Group

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## DISCUSSION GROUP TOPIC

You are here: [Home](#) > [Modules](#) > [What is Bipolar Disorder?](#) > [Discussion group topic](#)

The discussion group is a place for you to introduce yourself to the other members of the group and share a little about you. You might like to mention something about your experience with bipolar disorder, and also share some of your strengths and qualities with the others.



# MoodSwings My Profile

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My Profile

Triggers Profile

Medication Profile

About Me

Illness Profile

Reducing Relapse Plans

My Tools

Help

Moodswings Admin

available Questionnaires

- [Questionnaire: What is Bipolar Disorder?](#)
- [Questionnaire: Stress and triggers](#)
- [Questionnaire: Medication](#)
- [Questionnaire: 3 Month Booster](#)
- [Questionnaire: 6 Month Booster](#)
- [Questionnaire: 12 Month Booster](#)

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ABOUT ME

The things I like, my qualities and strengths

To complete this profile about yourself simply fill in the form below. This can be a useful reminder that there is more to you than having bipolar disorder.

My favourite food is:

My favourite movie is:

My favourite TV program is:

My favourite book is:

In my spare time I like to:

(click and drag bottom right corner for more space)


Things that make me smile:


My Strengths and Values:

☐ Animal lover
 ☐ Assertive
 ☐ Attends to details
 ☐ Appreciative of others
 ☐ Caring
 ☐ Care for environment
 ☐ Creative
 ☐ Determined
 ☐ Easy going
 ☐ Fair
 ☐ Forgiving
 ☐ Friendly
 ☐ Gentle
 ☐ Hard working
 ☐ Helpful
 ☐ Honest
 ☐ Humorous
 ☐ Imaginative
 ☐ Intelligent

# MoodSwings My Tools

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My Profile

My Tools

Monitoring Mood

Life Chart

Problem Solving & Goal Setting

Thinking Strategies

Weighing Things Up

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Available Questionnaires

Questionnaires must be completed to advance through the different modules.

- Questionnaire: What is Bipolar Disorder?
- Questionnaire: Stress and triggers
- Questionnaire: Medication
- Questionnaire: 3 Month Booster
- Questionnaire: 6 Month Booster
- Questionnaire: 12 Month Booster

THINKING STRATEGIES

Depression Thinking Strategy:

Date:  
2007-08-04 21:54:59

Situation:

Didn't get job interview

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Feeling:

Sad, worthless

(click and drag bottom right corner for more space)

Unhelpful thoughts or self talk:

I will never get a job  
I am a loser

(click and drag bottom right corner for more space)

Behaviour:

Stayed home - didn't go to basketball training

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How much do I believe this thought: (%)

85

Alternative Helpful Thought:

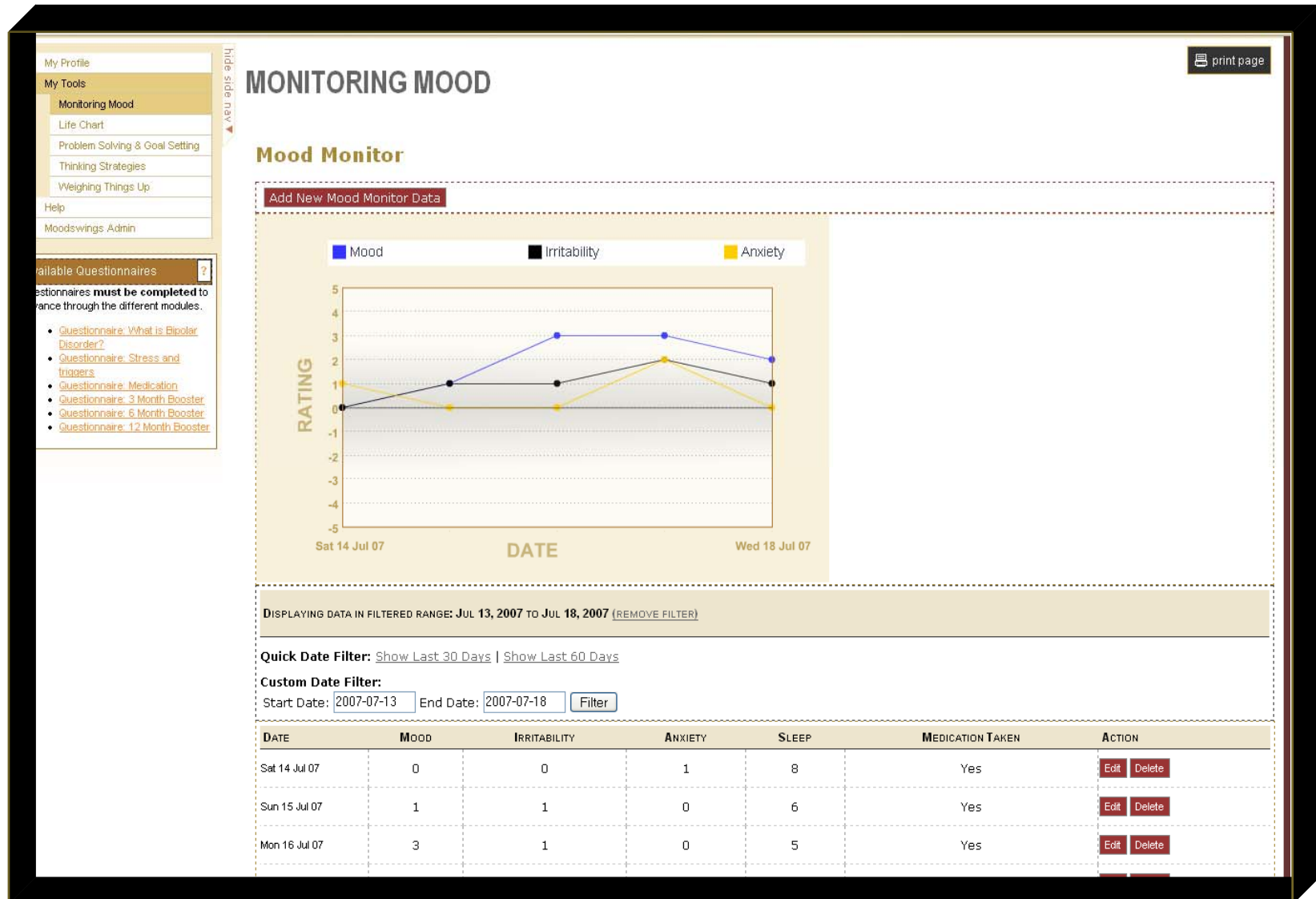
I have applied for other jobs - so might get interview for them.  
Tony got knocked back on heaps of jobs he applied for before he got one and he is great at what he does  
Not getting an interview for a job doesn't mean I am no good

(click and drag bottom right corner for more space)

How much do I believe this thought: (%)

65

# MoodSwings Mood Monitoring





# MoodSwings Mood Monitoring

My Profile

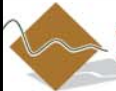
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Available Questionnaires  
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## MONITORING MOOD

### Mood Monitor Entry:

Date: 2007-07-16 00:00:00

Mood:

Irritability:

Anxiety:

Sleep:

Did I take my medication as prescribed?

Journal Entry:  
Study group  
Had fight with Bill

Edit

Use the sliders to score your mood, irritability, anxiety and sleep or simply enter a score in the box at the end of each slider.

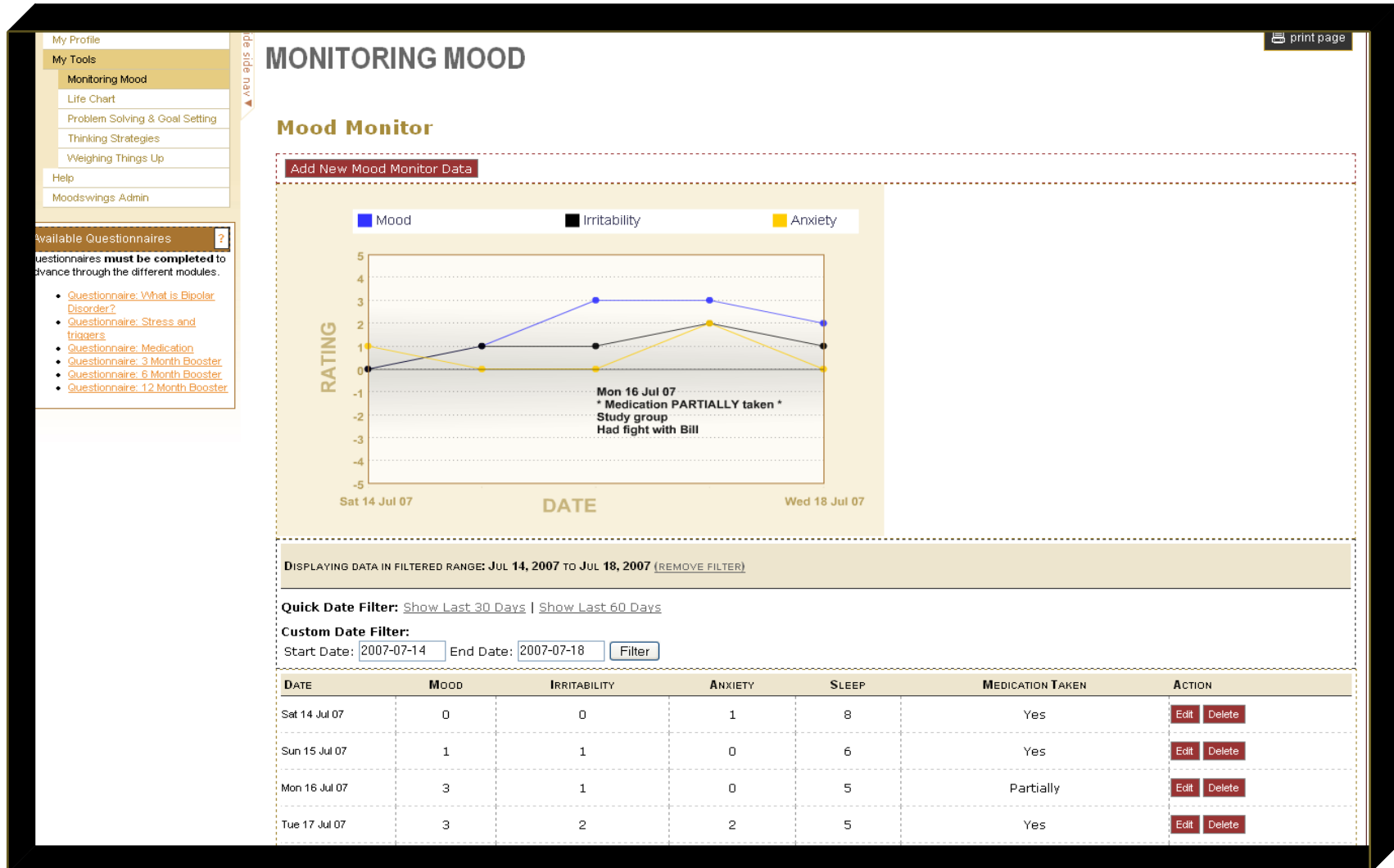
- Mood scores** range from -5 (very low mood) to +5 (very high mood).
- Irritability scores** range from 0 (not at all irritated) to 5 (very irritated).
- Anxiety scores** range from 0 (not at all anxious) to 5 (very anxious).
- Hours of Sleep** range from 0 to 24 hours.

Add a comment to help put a reference to your scores. Eg, "Started my new job today!"

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# MoodSwings Mood Monitoring

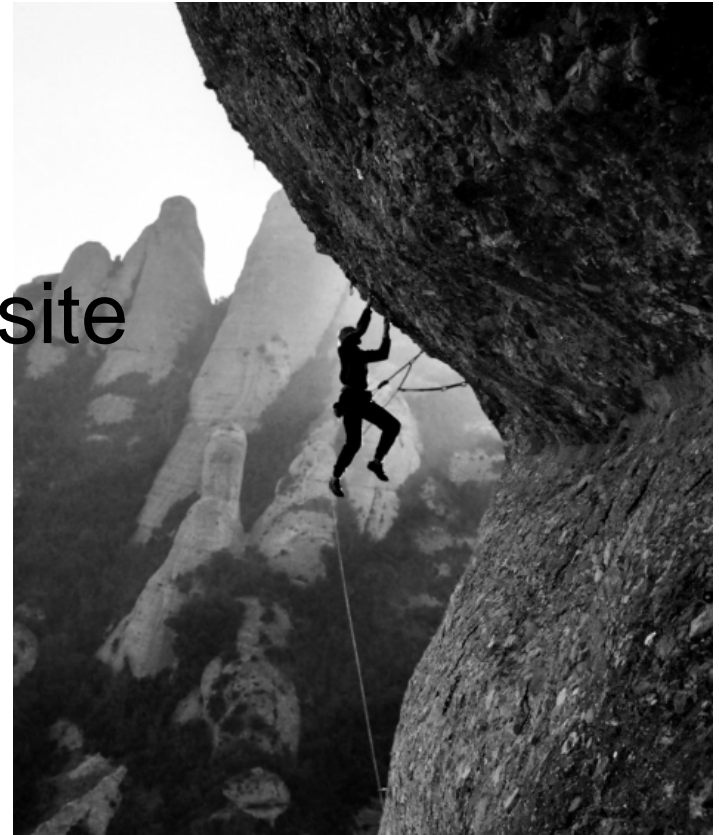


# Aspects of site utility

- We are able to make content changes easily
- We can turn off interactive elements of site for some user groups
- All site pages can be printed
- Help button on all pages

# Future Directions

- Pilot testing of usability
- Consumer and service provider feedback
- Content refinement
- Increasing awareness of site
- Evaluation of efficacy of intervention
- Dissemination of findings



# Collaborative Partners

## University of Melbourne

- Professor Michael Berk
- Ms Sue Lauder
- Professor David Castle
- Ms Lesley Berk
- Dr Seetal Dodd

## Mental Health Research Institute

- Ms Monica Gilbert
- Ms Carolynne Holdsworth
- Dr Jamie Chamberlain

## Monash University

- Professor Leon Piterman

## RMIT University

- Dr Andrea Chester

## Swinburne University

- Dr Greg Murray
- Dr Britt Klein
- Dr David Austin

## Web & Software Designers

## SDH Consulting

Andrew Smith

Patrick Donelan

