

The Bipolar Recovery Questionnaire (BRQ)

The Bipolar Recovery Questionnaire has been developed in order to understand more about recovery in bipolar disorder; what recovery is and what can help or hinder recovery. The questionnaire has been developed by interviewing individuals with a diagnosis of bipolar disorder about their experiences of recovery. It is acknowledged that everybody is different and may have different experiences and views about recovery. Therefore not all of the statements on the questionnaire may apply to you.

When filling in the questionnaire, please consider how things have been for you in the last week in relation to your mental health and recovery. Please respond to the following statements by marking an "X" at the point on the line that best describes how much you agree with each statement.

	Strongly disagree	Disagree	Agree	Strongly agree
		_____	_____	
1. I struggle to make sense of the experiences I have had		_____	_____	
2. I have the resources to effectively manage my health		_____	_____	
3. I am content with who I am as a person		_____	_____	
4. I have little control over my mood		_____	_____	
5. I avoid taking on challenges in life that matter to me		_____	_____	
6. I see recovery as a life long process		_____	_____	
7. I think differently about some of my experiences now compared with when they first occurred		_____	_____	
8. I can access the help I need in order to stay well		_____	_____	
9. My experiences have made me the person I am today		_____	_____	
10. I recognise when I am in situations that aren't good for my wellbeing		_____	_____	
11. I am able to engage in a range of activities that are personally meaningful to me		_____	_____	

Please turn over and continue

**Strongly
disagree**

Disagree

Agree

**Strongly
agree**

12. Recovery means forgetting about my mental health problems

13. I am unsure about the reasons behind some of the experiences I have had

14. I feel in control of the things that happen in my life

15. I am productive in the things in life I engage in

16. I depend on others to maintain my own well being

17. I feel confident enough to get involved in the things in life that interest me

18. I can have mood experiences and still get on with my life

19. I can see where certain experiences I have had have come from

20. I am able to decide when I need support from others in order to maintain my wellbeing

21. I get little personal satisfaction out of the things in life I am involved in

22. I have the knowledge to make informed decisions concerning treatment for my mental health

23. I am unhappy with the person I have become

24. I sometimes let my mood fluctuate if I have important tasks to do

25. The high standards I set myself are unrelated to fluctuations in my mood

26. I play a central role in maintaining my own well being

27. I have the ability to achieve my goals in life

Please turn over and continue

Strongly disagree **Disagree** **Agree** **Strongly agree**

28. My ability to make informed choices about treatment is supported by my friends and family

29. I find it hard to engage in a range of activities that are valuable to me

30. I can still be in recovery even if I experience mood episodes in the future

31. Understanding where my mood experiences come from help me manage them

32. I have little control over the important decisions in my life

33. I am able to engage in a range of activities that are valuable to wider society

34. The knowledge I have gained enables me to look after myself

35. The activities I do make a difference to others

36. Being in recovery means that everything has to be going well in every aspect of my life

Thank you for completing this questionnaire