

Participation Summary for the IBPI Trial

What is IBPI?

- IBPI stands for the “Integrated Bipolar Parenting Intervention”
- It is a new online support programme for parents with bipolar disorder
- It contains 9 interactive modules that focus on integrating bipolar self-management techniques with parenting advice
- Accessible from any computer or mobile device
- Available to users 24 hours a day, 7 days a week

What is the study about?

- IBPI has been co-created with parents with bipolar
- Its aim is to help people with bipolar with their parenting.
- We are testing to see if using IBPI is helpful for parents with bipolar by measuring its ability to:
 - Improve children’s behavioural and emotional outcomes
 - Reduce parent’s stress and anxiety
 - Improve parent’s mood symptoms
 - Improve parenting confidence and competence
 - Improve overall family functioning
- We are also testing the cost effectiveness of IBPI

What will I be asked to do?

- All studies activities will be completed online, which means you can participate fully from the comfort of your own home
- Participation will last for approximately 1 year, during which you will be asked to:
 1. Complete an initial screening interview (10 - 20 minutes)
 2. Complete an eligibility check interview (30 minutes – 2 hours, depending on how much you want to share)
 3. Complete questionnaires at 0, 24, and 48 weeks (45 minutes)
 4. Access IBPI as often as you like and follow your treatment as usual **OR** just follow your treatment as usual (randomly assigned)
- Participants assigned to the group with access to IBPI will also be invited to complete a feedback survey. Some of these will be invited to a feedback interview.

What will I receive?

- Payment for your time: £60-100 in total for completing interviews and questionnaires
- Support to complete assessments (if required)
- The chance to contribute to research aiming to improve the lives of other parents with bipolar and their children

To learn more about the IBPI trial and to register your interest in participation please visit:

www.lancs.ac.uk/spectrum/IBPI

Or contact the research team directly:

Phone: 07507 856960

Email: ibpi@lancaster.ac.uk



Scan the QR code to go straight to our website!