

## Invitation to Participate in our new Trial - Apocalypse

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Dear BipolarLab Friends,

We are pleased to announce a pilot trial based on BipolarLab's specialist services.

Since our launch, in 2011, we have been working hard to deliver the best evidence-based programs for patients with Bipolar disorder and recurrent depression remotely all over the world. We have learned a lot since that time, and we are now in a position to take up a few patients at a minimal cost (25 euros per session instead of the normal rate of 70-100 euros).

The first 10 suitable patients will have the opportunity to use BipolarLab's basic psychological support and symptom monitoring services for Bipolar Disorder and/or recurrent depression.

The aim of this trial (Apocalypse) is to assess and reveal (hence the Greek word Apocalypse) the effectiveness of BipolarLab's basic services in an attempt to maximize their quality and enable you to fully benefit from them.

Our clinical monitoring service provides the best possible symptom monitoring before, during

and after therapy that may help you to prevent future relapses or to track your progress during treatment (read more: <http://monitoring.bipolarlab.com> ).

Our personal psychological support service provides emotional support by cultivating a sense of security and self-esteem and helps you with the management of the daily stressors in your life (read more: <http://support.bipolarlab.com> ).

In order to be considered for the trial, you will need to fill in our initial screening form, and to have a brief interview with one of our psychologists. The initial screen is provided to you at no cost.

In case you wonder here is a list of our basic inclusion criteria. Do not worry about them. We can discuss any questions you may have during our first meeting.

### Trial inclusion criteria

1. Diagnosis of Bipolar disorder (type 1 or 2) or recurrent depressive disorder (2+ depressive episodes). 2. Not manic or psychotic - preferable stable or depressed. 3. On medication (if required) and in contact with a local psychiatrist. 4. Over 18 years old and willing to participate in this trial. 5. Access to a private computer with an internet connection.

If you have any more questions about this trial feel free to email me directly ( [This e-mail address is being protected from spambots. You need JavaScript enabled to view it](mailto: [redacted]) ) or else contact my colleague Myrto Filioglou at [This e-mail address is being protected from spambots. You need JavaScript enabled to view it](mailto: [redacted]) to get you started with this program.

With best wishes,

Yanni Malliaris

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