The Maudsley Bipolar eMonitoring Project

Electronic Monitoring of Symptom Variability in Bipolar Disorder

- We are conducting a novel **feasibility study** looking at **Bipolar symptom variability, using new state-of-art electronic monitoring methodologies** (electronic mood diaries & activity monitors such as pedometers and actiwatches)
- We are looking for **Bipolar patients** currently out of episode, who may be interested in trying out this self-monitoring programme (see referral form for full criteria: **http://tinyurl.com/o6y3p**)
- Suitable patients will be trained to use these diaries (12 weeks) and will be supported and monitored throughout the project (12 weekly telephone interviews + 3 follow ups = 12 months)

We will provide all the emonitoring equipment for free
Patients will benefit by learning to monitor their symptoms, and by developing a Life-Chart to share with their doctor

Contact **Yanni Malliaris** to discuss or refer a potentially suitable patient to the project

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