

## Author's Accepted Manuscript

Self-management in young adults with bipolar disorder: Strategies and challenges

Jennifer Nicholas, Katherine Boydell, Helen Christensen



PII: S0165-0327(16)31440-9  
DOI: <http://dx.doi.org/10.1016/j.jad.2016.11.040>  
Reference: JAD8655

To appear in: *Journal of Affective Disorders*

Received date: 19 August 2016  
Revised date: 9 November 2016  
Accepted date: 25 November 2016

Cite this article as: Jennifer Nicholas, Katherine Boydell and Helen Christensen: Self-management in young adults with bipolar disorder: Strategies and challenges, *Journal of Affective Disorders* <http://dx.doi.org/10.1016/j.jad.2016.11.040>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# Self-management in young adults with bipolar disorder: Strategies and challenges

Jennifer Nicholas<sup>1,2\*</sup>, Katherine Boydell<sup>1</sup>, Helen Christensen<sup>1</sup>

<sup>1</sup>Black Dog Institute, University of New South Wales, Sydney Australia

<sup>2</sup>School of Psychiatry, University of New South Wales, Sydney Australia

\* **Corresponding author at:** Black Dog Institute and School of Psychiatry, University of New South Wales, Hospital Road, Randwick, NSW 2031. Tel.: +61 (2) 9382 9260; fax: +61 (2) 9382 8208. j.nicholas@blackdog.org.au

Abstract

## Background

Early adoption of effective self-management strategies for bipolar disorder (BD) results in better clinical outcomes and increased quality of life. Therefore, facilitation of these strategies in young adults who are early in their illness course is vital. However, an understanding of self-management practices and needs of young adults with BD is lacking. This study explores young adult's perspectives of disorder self-management practices and challenges.

## Methods

Young adults with BD completed an online survey about disorder management strategies and challenges. Self-management was investigated through self-report and ratings of literature-derived strategies. Results were analysed using descriptive statistics and qualitative thematic analysis.

## Results

Eighty-nine participants aged 18–30 (M=24.4; SD=3.9) completed the survey. Adherence to treatment, disorder psychoeducation, and sleep-management were the strategies rated most helpful. Six participant-reported self-management strategies were identified (1) Maintaining a healthy lifestyle; (2) Treatment attendance and adherence; (3) Participation in meaningful activities; (4) Engagement with social support; (5) Meditation and relaxation practices; and (6) Symptom monitoring. The most common self-management challenges experienced by young adults concerned the nature of the disorder, interpersonal relationships, and stigma.

متن کامل مقاله

دریافت فوری ←

**ISI**Articles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات