

- 13 Lam DH, Hayward P, Watkins ER, Wright K, Sham P. Relapse prevention in patients with bipolar disorder: cognitive therapy outcome after 2 years. *Am J Psychiatry* 2005; **162**: 324–9.
- 14 Scott J, Paykel E, Morriss R, Bentall R, Kinderman P, Johnson T, Abbott R, Hayhurst H. Cognitive-behavioural therapy for severe and recurrent bipolar disorders. Randomised controlled trial. *Br J Psychiatry* 2006; **188**: 313–20.
- 15 Scott J, Garland A, Moorhead S. A pilot study of cognitive therapy in bipolar disorders. *Psychol Med* 2001; **31**: 459–67.
- 16 Miklowitz DJ, George EL, Richards JA, Simoneau TL, Suddath RL. A randomized study of family-focused psychoeducation and pharmacotherapy in the outpatient management of bipolar disorder. *Arch Gen Psychiatry* 2003; **60**: 904–12.
- 17 Rea MM, Tompson MC, Miklowitz DJ, Goldstein MJ, Hwang S, Mintz J. Family-focused treatment versus individual treatment for bipolar disorder: results of a randomized clinical trial. *J Consult Clin Psychol* 2003; **71**: 482–92.
- 18 Perry A, Tarrier N, Morriss R, McCarthy E, Limb K. Randomised controlled trial of efficacy of teaching patients with bipolar disorder to identify early symptoms of relapse and obtain treatment. *BMJ* 1999; **318**: 149–53.
- 19 Colom F, Vieta E, Martinez-Aran A, Reinares M, Goikolea HM, Benabarre A, Torrent C, Comes M, Corbella B, Parramon G, Corominas J. A randomized trial on the efficacy of group psychoeducation in the prophylaxis of recurrences in bipolar patients whose disease is in remission. *Arch Gen Psychiatry* 2003; **60**: 402–7.
- 20 Colom F, Vieta E, Reinares M, Martínez-Arán A, Torrent C, Goikolea JM, Gastó C. Psychoeducation efficacy in bipolar disorders: beyond compliance enhancement. *J Clin Psychiatry* 2003; **64**: 1101–5.
- 21 Simon GE, Ludman EJ, Unutzer J, Bauer MS, Operskalski B, Rutter C. Randomized trial of a population-based care program for people with bipolar disorder. *Psychol Med* 2005; **35**: 13–24.
- 22 Weiss RD, Griffin ML, Greenfield SF, Najavits LM, Wyner D, Soto JA, Hennen JA. Group therapy for patients with bipolar disorder and substance dependence: results of a pilot study. *J Clin Psychiatry* 2000; **61**: 361–7.
- 23 Gonzalez-Pinto A, Gonzalez C, Enjuto S, de Corres BF, Lopez P, Palomo J, Gutierrez M, Mosquera F, de Heredica JL. Psychoeducation and cognitive-behavioral therapy in bipolar disorder: an update. *Acta Psychiatr Scand* 2004; **109**: 83–90.
- 24 Miklowitz DJ, Otto MW, Frank E, Reilly-Harrington NA, Wisniewski SR, Kogan JN, Nierenberg AA, Calabrese JR, Marangell LB, Gyulai L, Araga M, Gonzales JM, Shirley ER, Thase ME, Sachs GS. Psychosocial treatments for bipolar depression: a 1-year randomized trial from the Systematic Treatment Enhancement Program. *Arch Gen Psychiatry* 2007; **64**: 419–26.
- 25 Scott J, Gutierrez MJ. The current status of psychological treatments in bipolar disorders: a systematic review of relapse prevention. *Bipolar Disord* 2004; **6**: 498–503.
- 26 Rouget BW, Aubry JM. Efficacy of psychoeducational approaches on bipolar disorders: a review of the literature. *J Affect Disord* 2007; **98**: 11–27.
- 27 Scott J, Colom F, Vieta E. A meta-analysis of relapse rates with adjunctive psychological therapies compared to usual psychiatric treatment for bipolar disorders. *Int J Neuropsychopharmacol* 2007; **10**: 123–9.
- 28 Frank E, Kupfer DJ, Thase ME, Mallinger AG, Swartz HA, Fagioli AM, Grochocinski V, Houck P, Scott J, Thompson W, Monk T. Two-year outcomes for interpersonal and social rhythm therapy in individuals with bipolar I disorder. *Arch Gen Psychiatry* 2005; **62**: 996–1004.
- 29 Scott J. Psychotherapy for bipolar disorders: efficacy and effectiveness. *J Psychopharmacol* 2006; **20**: 46–50.
- 30 Miklowitz DJ. A review of evidence-based psychosocial interventions for bipolar disorder. *J Clin Psychiatry* 2006; **67**: 28–33.
- 31 Campbell M, Fitzpatrick R, Haines A, Kinmonth AL, Sandercock P, Spiegelhalter D, Tyrer P. Framework for design and evaluation of complex interventions to improve health. *BMJ* 2000; **321**: 694–6.
- 32 Gilbody S, Bower P, Fletcher J, Richards D, Sutton AJ. Collaborative care for depression: a cumulative meta-analysis and review of longer-term outcomes. *Arch Intern Med* 2006; **166**: 2314–21.



Word pictures of depression: low mood

Sharon McConville

When a doctor asks whether a patient is 'low in spirits' or 'low in mood', what does he mean? For me, it was a very visceral feeling. I compared it to feeling like an empty shell or a dark cave.

'I feel like I am always going to have this hollow emptiness inside me. I feel like I am a shell within which there is infinite darkness, like a cave of which one can see only the mouth but which has a dark, slimy-walled interior extending deep into the cold bowels of the earth. It is musty in there and untold horrors lurk in its deepest recesses. The stagnant, icy water which lies upon the floor has been in that same state for years, removed from the cycle of transpiration, evaporation and condensation by its separation from the outside reality. There are parts of me which are just like this water: bitter and unpalatable, discoloured, stale. I used to be frightened by caves but intrigued at the same time by the possibility that treasures might lie within. I used to be frightened by the deepest invaginations of my soul but intrigued by the possibility that to explore them might yield great riches. Now the intrigue has faded: I expect to find not jewels and gold but black rock, threatening-looking stalactites and glutinous sludge. Thinking about my soul leaves me cold rather than excited. Nothing could be heartwarming enough to heat me to the core. Where is my heart, this part of me which has ached and has been broken and now is as numb with cold as if it had been preserved in liquid nitrogen? Will it ever thaw? One thing is certain: if it does, it will be even more painful than warming frost-bitten fingers on a winter's day.'

doi: 10.1192/bjp.192.1.11