



Have you had to decide on your treatment for bipolar II disorder?

Decision-making about treatment in bipolar II disorder can be challenging. Many people with bipolar II disorder and their family want to be more informed and more involved in decision-making about their treatment.

To this end, researchers are looking to evaluate **the usefulness of a new online decision-making resource** designed to help people with bipolar II and their family to make the “right” treatment decision for them. That is, a treatment decision that takes into account the best available clinical evidence as well as what is important to and matters most to their people in their treatment based on their values and life situation.

Alana Fisher, a PhD student, is conducting this study under the supervision of Dr Ilona Juraskova and Prof Louise Sharpe at the University of Sydney and A/Prof Josephine Anderson and Prof Vijaya Manicavasagar at the Black Dog Institute.

Who does this study involve?

- **People with bipolar II disorder (18-65 years)** who
- have ever had OR are now having to make a decision about treatment to stay well/prevent relapse with their clinician.

What does the study involve?

You will be randomly (by chance) allocated to access/make use of **EITHER** existing online information about treatment only **OR** with the new online decision-making resource.

You will also complete 3 questionnaires to find out whether the new decision-making resource is better at helping people make informed treatment decisions compared to already available information.

Why is this study needed?

This research will help future patients and their family members to make better decisions within consultations about treatment and management of bipolar II disorder.

Are you interested?

- 1) Go to www.bipolardecisionaid.com.au/register
- 2) enter your name, email, phone number and the code: **INEU**
- 3) You will then receive an email, follow the instructions and click on the personal login link to access the website.

Any questions or for further information contact Alana Fisher on 02 9036 9258 or info@bipolardecisionaid.com.au

Thank you for your consideration of this study.

Please Note: This study has been approved by Human Review Ethics Committee at the University of Sydney {USYD HREC 2016/763}.