

Recruitment from Cardiff Primary Care Practices, Cardiff Community Mental Health Teams and the Manic Depression Fellowship in Wales (MDF-Cymru)

Consent and volunteers assessed for inclusion and exclusion criteria
Baseline assessments

Randomisation

Beating Bipolar plus TAU
(n=50)

t = 0 months

TAU (n=50)

Interim assessments by post

t = 4 months

Interim assessments by post

Outcome assessments by interview

t = 10 months

Outcome assessments by interview

TAU: Treatment as usual