THANK YOU FOR YOUR INTEREST!

This brochure is meant to briefly introduce the Self-Management Apps for Bipolar Disorder research project.

If you are interested in learning more about participating in this project, or have questions or concerns, please contact us (see back of this brochure). Participation is entirely voluntary.

This study has received approval from IRBMED: HUM00120802
WHAT KIND OF PROJECT IS IT?

This is a feasibility project testing the ease of delivery and usage of a smartphone application, Life Goals (LG) to consumers with bipolar disorder in community settings.

Life Goals is designed to help individuals with mental health conditions improve their health through modularized self-management sessions that are both educational and interactive.

WHO IS ELIGIBLE?

Consumers
• Receiving care at a community clinic and/or the University of Michigan health system and have a bipolar disorder diagnosis
• Consumers must be at least 18 years old
• Must have and use an Android or iOS smartphone

Providers
• Evaluating or treating patients with bipolar disorder

CONSUMER ROLE

You will be asked to participate in focus groups and short surveys (5-10 minutes) to collect information that will assist in the design of a provider facing dashboard. Consumers will be compensated $25 for focus group participation and $10 for survey completion.

PROVIDER ROLE

You will be asked to participate in focus groups and short surveys (5-10 minutes) to collect information that will assist in the design of a provider facing dashboard. This will monitor app use, engagement and symptoms. Providers will be compensated $25 for focus group participation and $10 for survey completion.

REASONS TO PARTICIPATE

This project will enhance scientific knowledge and benefit individuals by looking at the feasibility of delivering mobile-health treatments to improve consumer outcomes among people with mental health conditions. As a participant in this project, you will help improve wellness and access to general medical care on a larger level.

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