

Abstract of thesis entitled:

This was the first randomised controlled study of 42 Chinese outpatients with bipolar disorder who received the 6-week Life Goals Program (LGP) or treatment as usual in an effort to determine whether there were differences between the groups in medication adherence and beliefs about medication. Patients were randomly assigned to treatment as usual (N=13) or treatment as usual plus LGP (N=29) and were assessed at baseline, pre- and post-treatment. Primary outcomes were change in score from baseline on the medication section of the Life Chart Manual Self-Rated Prospective (LCM-S/P) and on the Beliefs about Medication Questionnaire (BMQ). The two groups were closely matched in terms of demographics and clinical symptoms. Outcomes related to patients' medication adherence and beliefs about medication were not significantly different between the two groups. Results were discussed in relation to previous study by Sajatovic et al. (2009) and the methodology employed.