

Social Rhythm and Interpersonal Therapy as a Treatment for Bipolar Disorder

Ramapo College of New Jersey

Anxhela Kalia

Faculty Mentor: Dr. Mary Starke

Introduction

Interpersonal and social rhythm therapy (IPSRT) has been shown to have beneficial and effective results on individuals diagnosed with bipolar disorder as

Early Intervention using IPSRT

Social Rhythm Therapies for Mood Disorders

Results and Conclusions

In conclusion, the use of interpersonal and social rhythm therapy is beneficial to individuals diagnosed with bipolar disorder as it puts a focus on the significance of the management of overall well being through a healthy lifestyle and habits.

Regulation of symptoms can be critical for those with bipolar disorder that are ready to undergo a manic or depressive episode. In combination with medication, IPSRT has been proven to increase quality of life, reduce mood symptoms or chances of a manic episode occurring, and prevent relapses.

Overall, social rhythm therapy is a beneficial treatment for those suffering from bipolar disorder, and more studies should be performed to test out the efficacy of it among various age groups and demographics.