

Conclusion: This case report describes the process of art therapy to effect psychological change in the patient's perspectives and narratives of her diagnosis, resulting in better insight and acceptance into the condition.

P141 | Cognitive control of emotion training for individuals with bipolar disorder: Design and feasibility

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Introduction: Cognitive control of emotion (CCE), the ability to regulate the influence of emotions on behavior, is impaired in individuals with bipolar disorder (BD) and disruptions in the neural network fundamental to CCE may influence key symptoms of BD including emotional lability, extreme mood states, and disinhibited behavior. Neuroplasticity-focused targeted cognitive training (TCT) has previously been shown to improve cognitive functioning and functional network connectivity in individuals with schizophrenia as well as to change structural connectivity and alter mood symptoms. This study tested the feasibility of TCT focused on CCE in young adults with bipolar disorder.

Method: Individuals ages 18–30 with recent-onset BD with a stable, euthymic mood at the time of consent completed TCT using an app-based software program developed in conjunction with Posit Science Corporation: Brain HQ. TCT exercises are organized in half-hour sessions and participants are instructed complete one session a day, 4–5 times a week for 20 sessions. The Intrinsic Motivation Inventory and other questionnaires were used to assess enjoyment, usability, and motivation. Participants completed the questionnaires when they started and ended CCE training.

Results: Results showed that bipolar participants rated the CCE training as enjoyable; they felt it was important to do, and were motivated to continue even after completing 4 weeks and 20h of training.

Conclusion: These results show the CCE intervention is a feasible therapeutic approach and a randomized controlled trial is now underway to test the efficacy of TCT to improve CCE in individuals with bipolar disorder.

P142 | Efficacy of cognitive and functional remediation in bipolar disorder: A meta-analysis of randomized controlled trials

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Introduction: A significant percentage of people with bipolar disorder (BD) exhibit conspicuous deficits in everyday functioning,

even when appropriately treated and after symptomatic recovery is achieved. Given that cognitive impairment is one of the strongest correlates of socio-occupational outcomes and quality of life in BD, cognitive remediation (CR) has been proposed in recent years as a promising treatment that could help bridge the gap between symptomatic and full functional recovery. The aim of this study was to explore the efficacy of CR in improving executive deficits and functional outcomes in BD patients.

Method: PubMed, PsycINFO, and CENTRAL were searched from inception to August 2022. Only randomized controlled trials exploring the effects of CR on cognition or functional adjustment in adult BD patients were eligible. Change-score effect sizes (Hedges' *g*) were obtained and combined by means of meta-analytic procedures (PROSPERO, CRD42022306504).

Results: Nine studies reporting the results of six independent trials ($n=544$) were included. Meta-analytic findings revealed small durable improvements in working memory ($g=0.34$; 95% CI=0.12 to 0.56) and planning ($g=0.30$; 95% CI=0.03 to 0.56). However, no significant effects of CR were observed on functional outcomes at treatment completion or at follow-up assessment.

Conclusion: Though CR may produce a modest improvement in some aspects of executive functioning, it has not proven to exert any effect on the functional outcomes of BD patients. The best evidence available does not support the inclusion of CR as recommendation in treatment guidelines.

P143 | Group-based psychoeducation for relatives of patients with bipolar disorder—protocol for a mixed methods study (the R-bipolar study, real-world large-scale RCT and qualitative analysis)

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Introduction: The relatives of patients with Bipolar Disorder (BD) often experience emotional burden with depressive symptoms and stress that increases the likelihood of destabilization in the patient. We are conducting a mixed methods study consisting of: (1) A large-scale real-world randomized controlled trial (RCT) testing whether group-based psychoeducation for 250 relatives of patients with BD improves mood instability and other critical outcomes in relatives as well as the corresponding patients with BD; and (2) A qualitative study with thematic analysis of 10 semi-structured interviews with relatives who participated in the psychoeducation.

Method: The RCT: The trial is designed as a two-arm, parallel randomized trial with randomization 1:1 to group-based psychoeducation versus a waiting list for 4–6 months.