

Appendix 5. Components of Individual Relapse Profile

An individualized relapse profile is a valuable tool that can help the patient identify impending relapse and take appropriate action. A relapse profile is developed primarily by the patient.

Personal triggers for manic or hypomanic episodes: (such as)

- stressful life events
- changes to daily rhythms, including meals and sleep.

Individual early warning signs: (including)

- destructive or impulsive behaviour associated with sleep deprivation or irritability
- telephoning friends indiscriminately, even at inappropriate times
- discontinuing medication
- impulsive, self-destructive threats and gestures
- looking haggard
- speaking harshly.

Personal strategies to manage early warning signs of mania: (as many as apply)

- keep a diary of moods and reactions
- talk to someone you can trust
- establish a regular routine especially for eating and sleeping
- manage tasks: reduce number, prioritize
- avoid caffeinated beverages, alcohol, and drugs
- rest in bed at night even if you can't sleep
- pursue calming activities
- spend time alone in a restful place and avoid stimulation, such as crowds
- cultivate awareness of thoughts, feelings, and behaviours: reframe inflated thoughts as symptoms
- recognize destructive situations
- consider consequences of your actions: modify excessive behaviours and delay impulsive actions
- see your doctor to review your current state and medications.

Potential medical and psychological responses to early warning signs

- intensify psychological therapies
- normalize sleep patterns
- institute or intensify stress reduction strategies
- adjust medications
- advise patient to minimize sleep disruption, stressors, and triggers.

Adapted from:

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