

The FAB Times

FAB: A feasibility study of a randomized controlled trial of a family focused treatment (FFT-A UK) in the management of early onset Bipolar Disorder

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The FAB study started on 15th January 2014 and the research team thought you might like to hear how things are going so far. We are now about 6 months into our recruitment period and have 9 young people and their families willing to take part! We're very happy with recruitment figures so far and would like to thank all the families who have agreed to participate and their Consultant Psychiatrists who have helped to date. We have 3 therapists who are delivering the talking treatment: Susanne Grant, Clare Willis and Tonia Forster. All are experienced therapists and have received training by David Miklowitz, the author of the FFT-A (UK) in delivering the manualised treatment.



The Therapists: (Left to right): Susanne Grant, Clare Willis, Tonia Forster. Susanne is a registered Mental Health Nurse working in Children and Young People's Specialist Inpatient Service. She believes that exercise has a significant role in maintaining a healthy mind so she tries to achieve 10,000 steps every day. She has recently raised over £1000 by completing a round of golf. She had no interest in this dull and boring sport but completed the challenge.....and gained a new hobby!

Clare is a Nurse by background, and has experience across a variety of settings within Child and Adolescent Mental Health. She enjoys eating good food and spending time with friends and family. Tonia Forster is a Nurse Consultant and Lead Therapist in the study. She has 20 years of experience working with Children and Young People in both community and inpatient settings. When she is not working she likes to get away and travel a little. She also enjoys skiing and although not very good or graceful manages to get down the slopes in one piece and likes to tell the tales later!

David Miklowitz visits from the USA for a 2nd time!

David Miklowitz, author of the treatment manual has visited our team again in June, to ensure we're doing the treatment correctly and to supervise our therapists. We are very grateful for his help.



End of treatment for some

Our first recruited family is fast approaching the end of their treatment and a member of the research team will be re-visiting them soon to collect more questionnaire data. The research team will also soon be re-visiting those families randomised to the 'delayed treatment arm' as well. We are all very grateful to these 'patient families' who have to wait to receive their treatment. We hope all is well with you and look forward to updating you again soon.



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