

**Title:**

Evidence-Based Value and Availability of Self-Help Groups for Mood Disorders in U.S. and Ireland

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**Session Title:**

Global Mental Health Promotion

**Slot:**

P 01: Sunday, 30 July 2017: 2:30 PM-3:15 PM

**Scheduled Time:**

12:40 PM

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**Keywords:**

Mood disorders, Resources and websites for mood disorders in U.S. and Ireland and Self-help support groups

**References:**

References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental*

*disorders ( 5<sup>th</sup> ed.)*. Washington, DC

Crowe, M., Wilson, L., Inder, M. (2011). Patients' reports of the factors influencing medication

adherence in bipolar disorder-An integrative review of the literature. *International Journal of Nursing*, 48, 894-903.

Kennedy, P. (2015) Back chat. *BP Magazine*

National Institute of Mental Health (NIMH). (2011). *Mental Health Statistics*.  
[www.nimh.nih.gov/statistics/index.shtml](http://www.nimh.nih.gov/statistics/index.shtml)

[www.dbsalliance.org/pdfs/training/SalzerORIGpresentationJan2011IAB.pdf](http://www.dbsalliance.org/pdfs/training/SalzerORIGpresentationJan2011IAB.pdf)

Classic Reference: AA. (2002). *Alcoholics Anonymous Big Book Trade Edition* (4<sup>th</sup> ed.)  
Alcoholics Anonymous World Services.

Websites for Self Help Groups

Resources in U.S.

Depression and Bipolar Support Alliance (DBSA) <http://www.dbsalliance.org>

Mental Health America <http://www.mentalhealthamerica.net/>

National Alliance on Mental Illness <http://www.nami.org>

Resources in Ireland:

Bipolar disorder: organizations & websites [www.bipolarcaregivers.org/](http://www.bipolarcaregivers.org/)

Mental Health Ireland Home [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Recovery International [www.recoveryinternational.org](http://www.recoveryinternational.org)

Recovery Self Help Method Ireland [www.recoveryireland.ie](http://www.recoveryireland.ie)

International Resource:

International Bipolar Foundation (IBPF) [www.ibpf.org](http://www.ibpf.org)

**Abstract Summary:**

This presentation explores the evidence-based value and availability of self-help support groups for mood disorders in the U.S. and Ireland. Significant statistics for mood disorders are listed. Research is given to demonstrate the benefits of group participation. Specific resources and websites for help in the U.S. and Ireland are included.

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
Assess the main purposes, structure, and evidence-based benefits of self-help support groups for mood disorders.	Purposes of self-help support groups for mood disorders Increase understanding of disorder(s) and treatment Motivate participants to stay on the wellness track and maintain adherence to treatment Enhance communication with health care providers Provide education and resources for help Improve self-esteem, self-care, and self-advocacy Reduce feelings of depression and increase feelings of hope. Structure of self-help support groups for mood disorders Conduct open, free, confidential, voluntary meetings Share in a caring, supportive group of peers Contact/communication with a national organization (preferably) Benefits illustrated by evidence-based research Behavior change is more likely when modeling is provided by peers than non-peers Peers demonstrate coping and health-enhancing behaviors Peers enhance self-efficacy that one can change behavior Salzer (2011)
Compare and contrast the major self-help organizations for mood disorders available in the U.S. and Ireland.	Theoretical approach; Guidelines for operation; Leadership and management.

Identify specific resources and websites for self-help groups in the U.S. and Ireland.

Resources in Ireland: Bipolar disorder: organizations & websites  
[www.bipolarcaregivers.org/](http://www.bipolarcaregivers.org/) Provides resources, organisations, and websites for assisting persons with bipolar disorder and their caregivers in Ireland. Mental Health Ireland Home [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) Offers recovery, school projects, and partnerships. Recovery International [www.recoveryinternational.org](http://www.recoveryinternational.org) The mission of Recovery International in Ireland is to use cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD to help those with mood disorders. Recovery Self Help Method Ireland [www.recoveryireland.ie](http://www.recoveryireland.ie) Recovery Self Help Method, Ireland is an HSE-funded charity that provides a specialized form of cognitive-behavioural training to its members. Resources in U.S. Depression and Bipolar Support Alliance (DBSA) [www.dbsalliance.org](http://www.dbsalliance.org) DBSA provides information on depression and bipolar disorder, online tools, ... Find help from the leading national organization for people with mood disorders. Mental Health America [www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/) Mental Health America is the oldest organization in the U.S. for mental health support, recovery and advocacy. National Alliance on Mental Illness [www.nami.org](http://www.nami.org) America's largest grassroots mental health organization dedicated to helping individuals and families with serious mental illness. International Resource: International Bipolar Foundation (IBPF) [www.ibpf.org](http://www.ibpf.org) The International Bipolar Foundation is a non-profit organization whose mission is to improve understanding and treatment of bipolar disorder.

**Abstract Text:**

Research validates a three-pronged approach as best practice for the treatment of mood disorders: medication (when warranted), therapy, and self-help. Peer support groups are a major option for self-help. Millions of individuals in the U.S. and around the world, including Ireland, are currently using and benefitting from self-help groups. Numerous studies have demonstrated the effectiveness of such groups both short-term and long-term. Self-help groups are made up of individuals sharing similar problems and

life situations. They provide emotional support to each other, share means of coping, learn new strategies for improvement, and suggest new resources and information on available providers. They share insights gained from first-hand experiences and promote hope and empowerment. Such groups are self-governed, cost-free, and readily available for every major disorder listed by the World Health Organization including both physical and emotional problems, habits and addictions, bereavement, and parenting. There are also groups for the significant others and supporters of those with the disorders. These groups are increasingly recognized as viable and efficient means of supplementing and extending typical care components. In addition, as it says in the AA Big Book (AA, 2002), in order to help yourself, you have to help others.

The World Health Organization (WHO) ranks depression (unipolar) as the fourth leading cause of disease burden, accounting for 4.4% of total DALY's--disability-adjusted life-years (WHO, 2012). Authors conclude from this data that the burden of depression worldwide represents a major public health problem affecting clients and society at large. They note that although variations occur, trends and patterns of illness tend to be very similar throughout the world. Recent statistics from the National Comorbidity Survey Replication (NCS-R) Study report a 12-month prevalence for all mood disorders in U.S. adults between the ages of 18-65 as 9.5% and having a lifetime prevalence of 20.8% (NIMH, 2011). The total economic impact of mood disorders is extreme and places an enormous burden on the health care industry. Millions of depressed individuals never receive treatment. Health care providers could refer their clients to self-help support groups as an additional resource for care.

This presentation will present evidence to support an understanding of and value for self-help support groups for mood disorders and compare and contrast self-help group resources for mood disorders available in the U.S. and Ireland, both Northern and Southern Ireland.