

## Participant Information Sheet

### **B-MAP: Identifying bipolar disorder risk in young people with depression: a mental imagery and multi-modal approach**

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REC Number: **25/LO/0346**

Chief Investigator: Dr Martina Di Simplicio

Investigators: Ms Athina Servi

Short title: **B-MAP**

You are being invited to take part in a research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish.

- Section 1 tells you the purpose of this study and gives an overview of what will happen to you if you take part, including a summary of the study visits.
- Section 2 gives you more detailed information about the conduct of the study and how we will be handling your data.

If after reading this you would like more information or any clarification, please do let us know. Take time to decide whether or not you wish to take part. Participation in this study is entirely voluntary. Please only volunteer if you have time to complete the whole study.

Thank you for your interest in this research study.

#### **1. What is the study and why are you doing it?**

Bipolar disorder is a severe mental illness where a young person's mood can change dramatically, with periods of depression and mania or hypomania. During depression, people might feel very low, lose interest in things they usually enjoy, and withdraw from others. Mania or hypomania involves feeling very happy or irritable, being overly active, and having a higher sense of self-esteem.

Bipolar disorder usually starts in late adolescence or early adulthood, but it can take up to 10 years for a correct diagnosis. Right now, the most common way of assessing risk is looking at a family history of the disorder, but this method is not very precise.

Our team is working on finding better, more reliable ways to identify the risk of bipolar disorder in young people who are dealing with depression by studying specific thinking

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patterns and behaviours linked to manic episodes. These include mental imagery tasks that enhance mood through imagining positive scenarios and tasks analysing reward learning and decision-making. These culturally adaptable tasks, accessible via an app, could serve as universal markers for bipolar disorder.

The purpose of our study is to test a new method for identifying bipolar disorder by looking at different thinking patterns and behaviours, such as mental imagery, how people learn from rewards, and decision-making. We will also track daily mood and activity patterns through the use of a digital app (called MindCraft). The MindCraft app will ask you to respond to short questions regarding your mental health (e.g., mood, sleep) 3 times a day. We want to collect data from young people in the UK and see if this method can help tell apart those who have a history of depression, but may be at risk for bipolar disorder, from those who have already been diagnosed with bipolar disorder and those who have no bipolar disorder traits at all.

## 2. Who can take part?

We are looking for fluent English speakers aged between 16 and 25 who have either:

- A diagnosis of bipolar disorder

*OR*

- Have experienced a depressive episode in the past or present **AND** have a family history of bipolar disorder

*OR*

- Have experienced a depressive episode in the past or present **BUT** have **NO** family history of bipolar disorder

Participants should also:

- Have their own smartphone
- Be able to travel to Imperial College London for 1 in person study visit
- Be able to take part in the study for 6-weeks
- Be willing to wear a smartwatch for the study period (6-weeks) (this will be given by the researchers)

You are **NOT** eligible to take part if you:

- Have experienced symptoms of psychosis (such as hallucinations, delusions)
- Are currently experiencing acute suicidal thoughts that need crisis support
- Are currently experiencing substance dependence
- You have a severe learning disability
- You have a severe neurological impairment

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### 3. Will I receive any reimbursement?

If you decide to take part, you will be given a £60 Amazon voucher to cover your time in the study.

### 4. What will happen to me if I take part?

The study will include:

- One in-person assessment at the NIHR Imperial College Research Facility (ICRF, Imperial College Healthcare Trust, Du Cane Road, London, W12 0HS)
- 6-weeks of daily mood tracking through the MindCraft app
- Wearing a smartwatch (given by the research team) for 6-weeks
- Completion of cognitive tasks 3 times during these 6 weeks (one during your in-person session and 2 on your own around Week 3 and Week 5)
- Short feedback call (15 minutes)

### 5. What are the possible benefits of taking part?

The benefits of taking part in this study are that you will be offered an app to support the monitoring of your mental health and wellbeing, and there will be links on the app to other resources that you can use. You will have the opportunity to learn and understand more about how lifestyle factors can impact mental health and wellbeing. You can share the app with your care provider which might support you in the monitoring of your mental health and wellbeing. You will also collaborate on the development of a bipolar disorder prediction marker, which could benefit you and possibly many other young people in the future. We cannot promise the study will help you but the information we get might help improve the early diagnosis of bipolar disorder.

### 6. What are the possible disadvantages and risks of taking part?

We will be asking you questions about your mental health which at times could be distressing. We will do this in a supportive way, you don't need to answer all the questions if you don't want to. All information that you share with us is confidential. We will only have to share this information in the case of having serious concern about your or someone else's safety. We will check that you are happy with this and ask you to consent to this before starting the study.

### To take part:

Please email the research team on [mindcraft@ic.ac.uk](mailto:mindcraft@ic.ac.uk) to let them know about your interest and arrange your first visit.

**Thank you for taking part in the study!**