

An Analytical Study of Cognitive-Behavioral Therapy Interventions in Bipolar Patients Under Medical Treatment

Background and objective: *Bipolar disorder is one of the most common psychiatric illnesses and causes of hospitalization in psychiatric departments. In order to treat and prevent the recurrence of these patients, it is necessary to obtain information on therapeutic methods such as cognitive-behavioral therapy with different techniques. The aim of this study was to compare the effectiveness of drug therapy with cognitive behavior therapy in reducing the symptoms of type I bipolar mood disorder.*

Methods: *This research is experimental study with design of pre-test and post-test with control group. The research population was all patients with bipolar disorder admitted to the psychiatric ward of Ardabil Fatemi Hospital in 1397. Available sampling method, 12 people selected (based on psychiatric diagnosis) and they were assigned to treatment group (6 patients) and cognitive behavioral therapy group (6 patients).*

Results: *The findings showed that the difference in mean of drug treatment ($P = 0.002$) and cognitive-behavioral therapy with drug ($P = 0.001$) had a significant effect on the reduction of symptoms of type I bipolar mood disorder and improved its symptoms.*

Conclusion: *according to the findings of the present study it is proposed to use psychologist and psychiatrist cooperation-based team work approach in treatment of bipolar mood disorder type I.*

Keywords: *Drug therapy, Cognitive-behavioral therapy, Mood disorder, Type I bipolar disorder, Type II bipolar disorder*