

COGNITIVE STYLES IN MOOD DISORDERS



Have you been diagnosed with bipolar disorder?

We are interested in the types of thinking styles and coping behaviours that people with different types of mood disorders engage in. The way people think about themselves, and stressful situations, can drive the types of emotions they experience and the ways in which they cope with stress. The information from this study will inform research and treatment practices, and is likely to shed light on how psychological therapy may be more effective for those with different types of mood disorders.

You are eligible to participate if you:

- Are male
- Are aged between 18-65
- Have been diagnosed with bipolar disorder
- Have an email address that you check regularly
- Have a good comprehension of English.

The study will primarily be online, where you will be asked to fill out questionnaires at different times over the internet. Participants will receive a Black Dog Institute book and go in the draw to receive one of two \$150 Myer gift vouchers.

To participate or obtain more information, contact Kathryn:

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Visit the study website www.cognitive-styles.com.au/info