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Psychological interventions for caregivers of people with bipolar disorder: a systematic review and meta-analysis

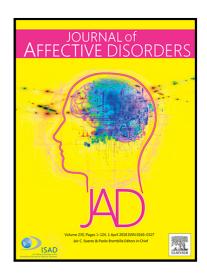
Ella Baruch, Nancy Pistrang, Chris Barker

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Highlights

- Psychoeducation may reduce caregiver burden at post-treatment, but not follow-up
- Psychoeducation improves caregiver knowledge at post-treatment and at follow-up
- Clear conclusions could not be drawn about the impact on psychological symptoms
- Services could consider offering psychoeducation to caregivers
- More methodologically rigorous research is needed

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