

**Abstract****Original Article****The Effectiveness of Individual Psychoeducation on Functioning and Quality of Life with Bipolar Disorder in Turkey: A Randomized Controlled Study****Funda Gumus, PhD of Psychiatric Nursing**

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**Correspondence:** Dr. Funda Gumus, Diyarbakir Ataturk School of Health Services, Dicle University, Diyarbakir, Turkey. 21100, Diyarbakir, Turkey E-mail: fcamuz@hotmail.com**Abstract****Background:** With psycho-education programs, patients diagnosed with bipolar disorder can increase the functionality and quality of their lives.**Objective:** To determine the effectiveness of the four-session individual psycho-education program designed to improve functionality and quality of life.**Method:** This research was conducted as a randomized, controlled, experimental study. Eighty-two patients diagnosed with bipolar disorder participated and were assigned to intervention and control groups.**Results:** Socio-demographic and the main clinical features such as mean number of total episodes ( $T = 2.139$ ;  $P = 0.036$ ) were equal across the intervention and control groups. Comparing patients' functionality level scores, a statistically significant difference ( $T = 2.311$ ;  $P = 0.024$ ) was found between groups in the "emotional functionality" subscale 6 months after psycho-education ( $T = 2.311$ ;  $P = 0.024$ ). Another significant difference was determined in the "participation in social activities" subscale after 6 months, ( $T = 2.011$ ;  $P = 0.048$ ), and again at the 12th month ( $T = 2.674$ ;  $P = 0.009$ ). Another significant difference was found in the "taking initiative" subscale before psycho-education ( $T = 2.093$ ;  $P = 0.040$ ).Examining quality of life, a statistically significant difference was found only in the "environmental quality of life" subscale before psycho-education ( $T = 3.762$ ;  $P = 0.000$ ).**Conclusions:** Four-session individual psycho-education increases the rate of participation in social activities; however, individual psycho-education seems to be ineffective for improving other functioning and overall quality of life.**Key Words:** Bipolar disorder, euthymic, functioning, quality of life, individual psycho-education, nursing.