

'Show Yourself': First experiences of patients with bipolar disorder with recording a film to show their 'euthymic being': a qualitative study

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Background: In practice it is noticed that the progress and recovery of the patient with bipolar disorder (BD) during hospitalization is differently objectified by professionals working at an admission ward and relatives of the patient. Professionals often indicate that the situation of the patient is improving while relatives notice little improvement. This can be caused by a difference in perspective. For this reason, a research project was started regarding the development of a film intervention. Outpatients record a ten-minute film to show their 'euthymic being'. Professionals' awareness of the healthy person can possibly be raised.

Objectives: To examine the experiences of outpatients with BD with recording a ten-minute film. The results can contribute to the assessment of the feasibility of the film intervention.

Methods: An explorative, descriptive qualitative research was performed in the context of a feasibility study. Individual, open interviews were conducted. The Stevick-Colaizzi-Keen method is used to analyse the inter-views.

Results: Four major themes emerged from the data: Patient in charge: The data show that the patient was in charge during the recording process. Different perspectives emerged regarding the involvement of others in the film. Only a few involved others. Most of them record the film at home and mentioned this was pleasant. Personal expectations: The data show different expectations regarding the recording of the film. Performance anxiety seemed to be present in five patients. Creating a comfort zone: The preparatory conversation, contact with the ambulatory nurse who supported the patient in recording the film and/or the ambiance seemed to be helpful in making themselves feel more comfortable. Different perspectives appeared about the (un)familiarity with the nurse. In addition to this, all patients stated that the contact with the nurse was pleasant. Reflections on the experiences: All but one patient stated it was a positive experience. Most patients were satisfied with the result that shows a real image of their euthymic being. Some also said that they find it important that their appearance is visible. Finally, some patients had ideas about other ways of using the film, for example as their own reference framework or using the film before or after admission.

Conclusions: Most patients had positive experiences with recording the film and stated they showed a real image of their 'euthymic being'. A recommendation for future use is considering multiple ways of using the film.

