

Show Yourself': The development of an intervention to show professionals at an admission ward the patients' 'euthymic being' during severe mania or depression.

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Background: The progress and recovery of a patient with bipolar disorder during hospitalization is differently objectified by professionals working at an admission ward than by relatives of the patient. Professionals often indicate that the patients' condition is improving while relatives notice little improvement. This can be caused by a difference in perspective. The relatives' perspective is the euthymic patient, where the professionals' perspective is the patient during an acute episode.

Objectives: To develop an intervention where patients record a film to show their 'being' in a euthymic mood state. When the patient is hospitalized, this film can be shown to the professionals so they can see the patient when he/she is in a euthymic mood state.

Methods: Early 2016 a panel of patients, relatives and professionals was formed to discuss the preferable content of the film and the way to use this material.

Results: All participants stated that it was important to record the film at the patients' home. The professionals mentioned that this could give them information about how the patient (inter)acts in his/her own environment. Patients told us that their home was the best place to make the film because they feel at ease and they hope the professional can get a good impression about them. All participants agreed that the patient is in charge about what will be filmed. The film would take about 10 minutes. Before the film is recorded, the patient is supported by his/her therapist to write a script. Patients want to show their daily structure, routines, hobbies, work, and leisure time. Furthermore, they want to talk about the things that are important to them and tell what is important to them in case they are admitted. Professionals want to see how the patient interacts with others and want to see a glimpse of the patients' personal life and character. They want the patient to talk about their hobbies, their daily routines and important values. With regard to the use of the film, the patient gets a USB stick with the film. Most patients prefer the film be stored in their electronic patient record too, so that it is available for the professional. In the crisis plan of the patient it needs to be mentioned that a film, about their 'being in a euthymic state, is available. Some patients want their family member to hand over the USB stick to the professional in case of admission.

Conclusions: A draft of the intervention 'Show Yourself' is developed. A first qualitative study is carried out to explore the experiences of patients with recording the film.