Life Goals Collaborative Care (LG-CC)
Annotated Bibliography
January, 2018

Books

- This original Life Goals publication provides background on bipolar disorder for the non-specialist and provides a detailed therapist manual for the group format of Life Goals for bipolar disorder.

- This updated and substantially revised edition not only incorporates the expansion of the pharmacological armamentarium available for treatment but also integrates the explosion of evidence-based data for psychosocial interventions.

- This self-guided workbook encourages the person living with bipolar disorder to become an expert on his or her disorder, and to take action in discovering what works and doesn't work in controlling the symptoms and coping with the effects of bipolar.

Articles

- The open study examined the impact of easy access to ambulatory services for individuals with bipolar disorder in a clinic-based program at a Veterans Affairs medical center.

- This open study prospectively followed 103 individuals with bipolar enrolled in a Life Goals-based collaborative care treatment program for 1 year.

- This article described Life Goals treatment and impact from a nursing perspective

- The open study addressed participation rates, knowledge enhancement, and functional goal attainment in the group format of Life Goals for bipolar disorder.

- This protocol paper described the methods for an 11-site randomized controlled trial of Life Goals for bipolar disorders.


- This article describes Life Goals as a collaborative practice model for bipolar disorder, designed to be widely adoptable and sustainable in general clinical practice.


- This article described the scientific protocol to test Life Goals in a health maintenance organization.


- This article described one-year outcomes of a randomized controlled trial of Life Goals for individuals with bipolar disorder treated in a health maintenance organization.


- This article described two-year outcomes of a randomized controlled trial of Life Goals for individuals with bipolar disorder treated in a health maintenance organization.


- This article describes sample enrollment and protocol implementation success for Life Goals in an 11-site randomized controlled trial for bipolar disorder.


- This article describes primary outcomes of a three-year randomized controlled 11-site trial of Life Goals for bipolar disorder.


- This article describes the use of a conceptual framework and implementation protocol to prepare effective health services interventions for implementation in community-based (i.e., non-academic-affiliated) settings, using Life Goals as an example.


- This study reports impact of Life Goals on individuals with bipolar disorder and comorbid medical conditions.

- This study describes the adaptation of Life Goals to treatment of older individuals.


- This study reports that Life Goals treatment for individuals is equally effective in those with bipolar disorder plus substance use disorders, anxiety disorders, or psychosis.


- This study provides the first prospectively collected data of more than 1 year's duration on clinical practice guideline concordance in the treatment of bipolar disorder using Life Goals.


- This randomized controlled trial demonstrated that Life Goals treatment did not lead to reductions in cardiovascular risk factors, although showed effects in physical functioning and depression in subsets of individuals with elevated body mass index or systolic hypertension.


- This article describes a study protocol for applying Life Goals to individuals with bipolar disorder plus cardiovascular risk factors.


- This study demonstrated no difference between group-format Life Goals and individual-format cognitive behavioral therapy in a multi-site randomized controlled trial.


- This study investigated changes in the use of coping styles in response to early symptoms of mania during treatment with Life Goals or cognitive-behavioral therapy.

• This randomized controlled trial in individuals with bipolar disorder and cardiac risk factors demonstrated improved systolic and diastolic blood pressure as well as reduced manic symptoms.


• This randomized controlled trial of Life Goals demonstrated efficacy for mood disorders in general, not just bipolar-spectrum disorders.


• This study examines the impact of comorbid anxiety disorders on response to Life Goals compared to cognitive-behavioral therapy for bipolar disorder.


• This article describes a study protocol for instituting Life Goals telephonically in a nationwide partnership with a commercial insurer.


• This article describes a sophisticated implementation trial protocol approach for finding out which sites require which types of support to successfully implement Life Goals.


• This article described the impact of two implementation strategies on success in supporting implementation of Life Goals in community mental health and health centers.


• The current study investigated the longitudinal course of symptoms in bipolar disorder among individuals receiving optimal treatment with medications plus Life Goals or cognitive behavioral therapy, and found no difference between those receiving Life Goals vs. cognitive behavioral therapy.

- This controlled implementation trial showed no difference in clinical outcomes regardless of whether more or less intensive implementation support was provided to support the adoption of Life Goals.


- The current study investigated the longitudinal course of symptoms in bipolar disorder among individuals receiving optimal treatment with medications plus Life Goals or cognitive behavioral therapy, and found no difference between those receiving Life Goals vs. cognitive behavioral therapy.


- The study assessed correlates of emergency department use among participants in a Life Goals implementation trial.


- This program evaluation describes the first 400 individuals with bipolar-spectrum disorder treated with videoconference-based Life Goals


- This randomized controlled trial of Life Goals in individuals with schizophrenia, bipolar disorder, or major depression plus at least one cardiovascular risk factor demonstrated improved physical health ratings with Life Goals.


- We conducted a follow-up analysis of the implementation and sustainability of a clinical video teleconference-based Life Goals to: (a) characterize the extent of implementation and sustainability of the program after its establishment and (b) identify barriers and facilitators to implementation and sustainability.