

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

**Books**

Bauer, M.S., McBride, L. (1996). *Structured Group Psychotherapy for Bipolar Disorder: The Life Goals Program*. New York, NY: Springer Publishing Company, Inc.

- 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.

Bauer, M.S., McBride, L. (2003). *Structured Group Psychotherapy for Bipolar Disorder: The Life Goals Program, Second Edition*. New York, NY: Springer Publishing Company, Inc.

- 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.

Bauer, M.S., Ludman, E., Greenwald, D.E., & Kilbourne, A.M. (2009). *Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms and Achieving Your Life Goals*. Oakland, California: New Harbinger Publications, Inc.

- 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**

Bauer, M. S., L. McBride, et al. (1997). Impact of an Easy-Access VA Clinic-Based Program for Patients With Bipolar Disorder. *Psychiatric Services*. 48(4): 491-496.

- 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.

Bauer, M. S., N. Shea, et al. (1997). Predictors of service utilization in veterans with bipolar disorder: a prospective study. *Journal of Affective Disorders*. 44(2-3): 159-168.

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

Shea, N. M., et al. (1997). The Effects of an Ambulatory Collaborative Practice Model on Process and Outcome of Care for Bipolar Disorder. *Journal of the American Psychiatric Nurses Association*. 3(2): 49-57.

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

Bauer, M. S., L. McBride, et al. (1998). Manual-Based Group Psychotherapy for Bipolar Disorder: A Feasibility Study. *Journal of Clinical Psychiatry*. 59(9): 449-455.

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

Bauer, M. S., W. O. Williford, et al. (2001). Principles of effectiveness trials and their implementation in VA Cooperative Study #430: 'Reducing the efficacy-effectiveness gap in bipolar disorder'. *Journal of Affective Disorders*. 67(1-3): 61-78.

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

Bauer, M. S. (2001). The collaborative practice model for bipolar disorder: design and implementation in a multi-site randomized controlled trial. *Bipolar Disorders*. 3(5): 233-244.

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

Simon, G. E., E. Ludman, et al. (2002). Design and implementation of a randomized trial evaluating systematic care for bipolar disorder. *Bipolar Disorders*. 4(4): 226-236.

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

Simon GE, Ludman EJ, Unutzer J, Bauer MS, Operskalski B, Rutter C. (2005). Randomized trial of a population-based care program for people with bipolar disorder. *Psychological medicine*. 35: 13-24.

- 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.

Simon, G. E., E. J. Ludman, et al. (2006). Long-term effectiveness and cost of a systematic care program for bipolar disorder. *Archives of General Psychiatry*. 63(5): 500-508.

- 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.

Bauer, M. S., L. McBride, et al. (2006). Collaborative care for bipolar disorder: part I. Intervention and implementation in a randomized effectiveness trial. *Psychiatric Services*. 57(7): 927-936.

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

Bauer, M. S., L. McBride, et al. (2006). Collaborative care for bipolar disorder: Part II. Impact on clinical outcome, function, and costs. *Psychiatric Services*. 57(7): 937-945.

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

Kilbourne, A. M., M. S. Neumann, et al. (2007). Implementing evidence-based interventions in health care: application of the replicating effective programs framework. *Implementation Science*. 2, 42.

- 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.

Kilbourne, A. M., E. P. Post, et al. (2008). Improving medical and psychiatric outcomes among individuals with bipolar disorder: a randomized controlled trial. *Psychiatric Services*. 59(7): 760-768.

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

Kilbourne, A., E. P. Post, et al. (2008). Service Delivery in Older Patients with Bipolar Disorder: A Review and Development of a Medical Care Model. *Bipolar Disorders*. 10(6): 672-683.

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

Kilbourne AM, Biswas K, Pirraglia PA, Sajatovic M, Williford WO, Bauer MS. (2009). Is the collaborative chronic care model effective for patients with bipolar disorder and co-occurring conditions? *Journal of Affective Disorders*. 112: 256-261.

- 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.

Bauer MS, Biswas K, Kilbourne AM. (2009). Enhancing multiyear guideline concordance for bipolar disorder through collaborative care. *The American Journal of Psychiatry*. 166: 1244-1250.

- 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.

Kilbourne AM, Goodrich DE, Lai Z, Clogston J, Waxmonsky J, Bauer MS. (2012). Life Goals Collaborative Care for patients with bipolar disorder and cardiovascular disease risk. *Psychiatric services* (Washington, DC). 63: 1234-1238.

- 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.

Goodrich DE, Kilbourne AM, Lai Z, Post EP, Bowersox NW, Mezuk B, Schumacher K, Bramlet M, Welsh DE, Bauer MS. (2012). Design and rationale of a randomized controlled trial to reduce cardiovascular disease risk for patients with bipolar disorder. *Contemporary Clinical Trials*. 33: 666-678.

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

Parikh SV, Zaretsky A, Beaulieu S, Yatham LN, Young LT, Patelis-Siotis I, Macqueen GM, Levitt A, Arenovich T, Cervantes P, Velyvis V, Kennedy SH, Streiner DL. (2012). A randomized controlled trial of psychoeducation or cognitive-behavioral therapy in bipolar disorder: A Canadian Network for Mood and Anxiety treatments (CANMAT) study [CME]. *The Journal of Clinical Psychiatry*. 73: 803-810.

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

Parikh SV, Hawke LD, Zaretsky A, Beaulieu S, Patelis-Siotis I, Macqueen G, Young LT, Yatham L, Velyvis V, Belanger C, Poirier N, Enright J, Cervantes P. (2013). Psychosocial interventions for bipolar disorder and coping style modification: similar clinical outcomes, similar mechanisms? *Canadian Journal of Psychiatry Revue Canadienne de Psychiatrie*. 58: 482-486.

- 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.

Kilbourne AM, Goodrich DE, Lai Z, Post EP, Schumacher K, Nord KM, Bramlet M, Chermack S, Bialy D, Bauer MS. (2013). Randomized Controlled Trial to Reduce Cardiovascular Disease Risk for Patients with Bipolar Disorder: the Self-Management Addressing Heart Risk Trial (SMAHRT). *The Journal of Clinical Psychiatry*. 74: e655-e662.

- 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.

Kilbourne AM, Li D, Lai Z, Waxmonsky J, Ketter T. (2013). Pilot randomized trial of a cross-diagnosis collaborative care program for patients with mood disorders. *Depression and Anxiety*. 30: 116-122.

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

Hawke LD, Velyvis V, Parikh SV. (2013). Bipolar disorder with comorbid anxiety disorders: impact of comorbidity on treatment outcome in cognitive-behavioral therapy and psychoeducation. *International Journal of Bipolar Disorders*. 1:15.

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

Kilbourne AM, Nord KM, Kyle J, Van Poppelen C, Goodrich DE, Kim HM, Eisenberg D, Un H, Bauer MS. (2014). Randomized controlled trial of a health plan-level mood disorders psychosocial intervention for solo or small practices. *BMC Psychology*. 2:48.

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

Kilbourne AM, Almirall D, Eisenberg D, Waxmonsky J, Goodrich DE, Fortney JC, Kirchner JE, Solberg LI, Main D, Bauer MS, Kyle J, Murphy SA, Nord KM, Thomas MR. (2014). Protocol: Adaptive Implementation of Effective Programs Trial (ADEPT): cluster randomized SMART trial comparing a standard versus enhanced implementation strategy to improve outcomes of a mood disorders program. *Implementation Science*: IS. 9: 132.

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

Waxmonsky J, Kilbourne AM, Goodrich DE, Nord KM, Lai Z, Laird C, Clogston J, Kim HM, Miller C, Bauer MS. (2014). Enhanced Fidelity to Treatment for Bipolar Disorder: Results from a Randomized Controlled Implementation Trial. *Psychiatric Services*. 65:81-90.

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

Parikh SV, Hawke LD, Velyvis V, Zaretsky A, Beaulieu S, Patelis-Siotis I, MacQueen G, Young LT, Yatham LN, Cervantes P. (2015). Combined treatment: impact of optimal psychotherapy and medication in bipolar disorder. *Bipolar Disorders*. 17:86-96.

- 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.

Kilbourne AM, Goodrich DE, Nord KM, Van Poppelen C, Kyle J, Bauer MS, Lai Z, Kim HM, Eisenberg D, Thomas MR (2015). Long-Term Clinical Outcomes from a Randomized Controlled Trial of Two Implementation Strategies to Promote Collaborative Care Attendance in Community Practices. *Admin Policy Ment Health*. 42:642-53.

- 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.

Parikh SV, Hawke LD, Velyvis V, Zaretsky A, Beaulieu S, Patelis-Siotis I, MacQueen G, Young LT, Yatham LN, Cervantes P. (2015). Combined treatment: impact of optimal psychotherapy and medication in bipolar disorder. *Bipolar Disorders*. 17:86-96.

- 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.

Waxmonsky J, Verchinina L, Kim HM, Lai Z, Eisenberg D, Kyle JT, Nord KM, Rementer JH, Goodrich DE, Bauer MS, Thomas MR, Kilbourne AM. (2016). Correlates of Emergency Department Use by Individuals With Bipolar Disorder Enrolled in a Collaborative Care Implementation Study. *Psychiatric Services* (Washington, DC). 67:1265-1268.

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

Bauer MS, Krawczyk L, Miller CJ, Abel E, Osser DN, Franz A, Brandt C, Rooney M, Fleming J, Godleski L. (2016). Team-Based Telecare for Bipolar Disorder. *Telemedicine journal and e-health: the official journal of the American Telemedicine Association*. 22:855-864.

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

Kilbourne AM, Barbaresso MM, Lai Z, Nord KM, Bramlet M, Goodrich DE, Post EP, Almirall D, Bauer MS. (2016). Improving Physical Health in Patients with Chronic Mental Disorders: 12-Month Results from a Randomized Controlled Collaborative Care Trial. *The Journal of Clinical Psychiatry*. 78:129-137.

- 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.

Bauer MS, Krawczyk L, Tuozzo K, Frigand C, Holmes S, Miller CJ, Abel E, Osser DN, Franz A, Brandt C, Rooney M, Fleming J, Smith E, Godleski L. (2017). Implementing and Sustaining Team-Based Telecare for Bipolar Disorder: Lessons Learned from a Model-Guided, Mixed Methods Analysis. *Telemedicine journal and e-health: the official journal of the American Telemedicine Association*.

- 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.