

The final ranking of the 35 questions

Rank	Question
1	C10: What causes bipolar?
2	T12: How can treatments be tailored to individuals?
3	M3: What is the most effective combination of self-management approaches, therapy and medication?
4	T17: What are the best ways to manage suicide risk among people with bipolar?*
5	T14: What could be done for people who do not get better with treatment?
6	T5: What are the best ways to manage the side-effects of medication (including weight gain, problems with thinking and memory, and emotional numbness)?
7	D1 & D10 combined: Why does it take so long to get a diagnosis of bipolar disorder, and how could time to diagnosis be shortened?*
8	T8: Which are the best medications for treating episodes and for prevention of relapse in bipolar?
9	T11: How effective are talking therapies such as counselling, dynamic psychotherapy and CBT?
10	T4: Can medications with fewer side-effects be developed?
11	M2: Can bipolar be managed effectively without medication and if so how, and what are the long term outcomes?
12	P1: Can bipolar be prevented, and if so, how?
13	H1: What is the best and most cost effective way to provide clinical care for those with bipolar, including who should provide it?
14	M4: What can we learn about managing bipolar from the people who are managing the condition well?
15	M7: What are the most effective ways for people with bipolar to monitor their condition, and take steps to avoid or minimise the impact of a relapse?
16	D10: How can the time it takes to get a diagnosis of bipolar be shortened?*
17	T9: How effective are combinations of medication, e.g. antidepressant plus a mood-stabilising drug, in the treatment of bipolar?
18	R2: What are the risks and benefits to mother and baby of medication for bipolar (e.g. during pregnancy, childbirth and breastfeeding)?
19	T2: What are the unwanted long-term effects of medication?

20	A3: How can family members and carers best be supported to manage life with a person with bipolar?
21	T15: What are the outcomes of people with bipolar being more involved in decisions about their treatment?
22	M5: What are the most effective ways to train and support a person with bipolar so they are motivated and able to manage the condition themselves?
23	M6: What are the triggers for bipolar episodes (e.g. life events and stress) and how do these vary?
24	P2: Can bipolar be prevented in people who are at high risk because they have a family history of bipolar?
25	T18: What is the impact of more positive attitudes to bipolar amongst (a) health professionals and (b) people affected by bipolar?
26	P3: Can bipolar be prevented in later life with children/teenagers/ young adults who already have mild symptoms (depression, anxiety and mood swings)?
27	O5: What impact does bipolar have, including on education, work, relationships, parenting and quality of life?
28	M1: What precise lifestyle changes can individuals make to manage their bipolar (e.g. diet, exercise, sleep, yoga, meditation, rest, routine, sunlight, change of job, avoiding alcohol and recreational drugs)?
29	T10: Can medication such as antidepressants trigger the onset of bipolar or worsen its course?
30	A2: How can family members and carers best support people with bipolar (e.g. through education, training and practical support)?
31	O1: Is it possible to fully recover from bipolar and live a 'normal' life, or are people always affected throughout their lives?
32	T21: How effective are the forms of support for people with bipolar (professional, social, family, peer support)?
33	T3: How often should medication plans be reviewed, and should dosage change?
34	R3: What are the best ways to support parents with bipolar?
35	C4: How are children of parents with bipolar affected by their parent(s)' illness, including can they learn bipolar behaviours?

* As requested at the Final Workshop, the phrase "among people with bipolar" was added to priority number 4.

** As requested at the Final Workshop, questions D1 (Why does it take so long to get a diagnosis of bipolar disorder, especially when patients are aware of experiencing symptoms?) and D10 (How can the time it takes to get a diagnosis of bipolar be shortened?) were combined to form priority number 7 "Why does it take so long to get a diagnosis of bipolar disorder, and how could time to diagnosis be shortened?"