



# COGNITIVE STYLES IN MOOD DISORDERS

## Would you like to help people diagnosed with depression or bipolar disorder?

You can do so by participating in a new research study being conducted by the Black Dog Institute and the University of New South Wales.

### What is this study about?

We are interested in the types of thinking styles and coping behaviours that people with different types of mood disorders engage in. The way people think about themselves, and stressful situations, can drive the types of emotions they experience and the ways in which they cope with stress.

### What will the information be used for?

The information from this study will inform research and treatment practices, and is likely to shed light on how psychological therapy could be made more effective for those with different types of mood disorders.

### You are eligible to participate if you:

- Are male
- Are aged between 18 and 65
- Have been diagnosed with bipolar disorder
- Have an email address that you check regularly
- Have a good comprehension of English

**We are also looking for 'healthy' male participants (i.e. those who have never experienced any mood problems over their lifetime)**

### What would I need to do?

The study will primarily be online, where you will be asked to fill out questionnaires at different times over the internet.

If you would like to participate or want further information:

**visit the study website** [www.cognitive-styles.com.au/info](http://www.cognitive-styles.com.au/info) or contact Kathryn on (02)9382 9269, email [coping@unsw.edu.au](mailto:coping@unsw.edu.au)

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