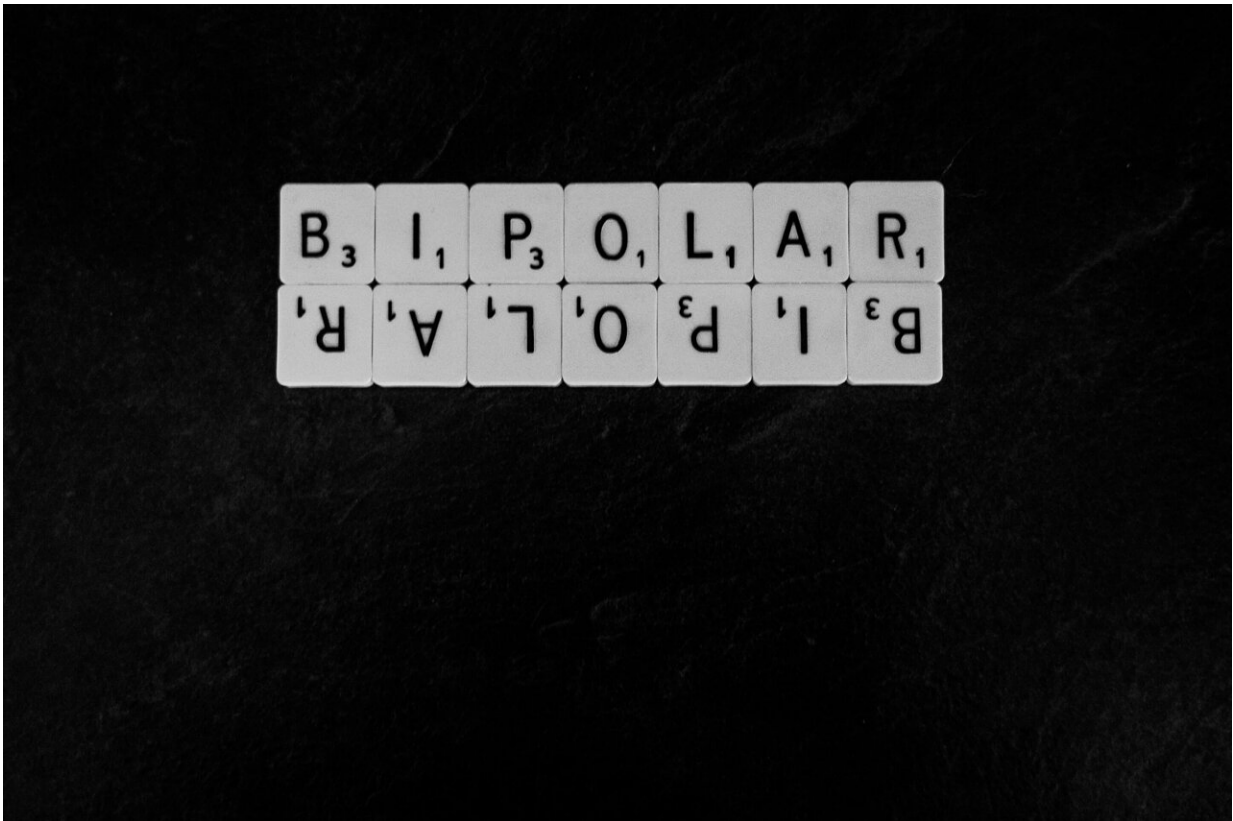


# A positive psychology app to help people with bipolar disorder

September 14 2023, by K. W. Wesselink-Schram

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Credit: Unsplash/CC0 Public Domain

Ph.D. student Bart Geerling from the University of Twente developed an app that helps people with bipolar disorder improve the way they cope with stressful events. The app offers people exercises from positive

psychology and contributes to their well-being. On Thursday 14 September, he defends his Ph.D. thesis.

People with bipolar have alternating depressive, extremely energetic and more stable periods. These periods are chronic and unpredictable. These people are advised to closely monitor the impact of their mood on functioning. But for many, it takes a lot of effort to do this and is also a daily confrontation with their diagnosis.

This is why Geerling developed the app WELLBE-BD (Well-being Bipolar Disorder), which aimed to improve the well-being of patients. "Most of our patients were already using apps, but these were focused on performing activities, providing structure and relaxation," Geerling says. Geerling took a different approach. Through [positive psychology](#) exercises (with a focus on patients' strengths rather than their [complaints](#)), users reported more positive feelings and emotions.

"In addition to the app WELLBE-BD, I also created a monitoring application that fits well with patients' needs," says Geerling. Both apps were created in collaboration with patients and professionals. That the app was appreciated among the [test subjects](#) was clear; on average, they rated the app WELLBE-BD with a 7.5.

Provided by University of Twente

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