

# INPLASY

## Role of physiotherapy in bipolar disorder - A Literature Review

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### ADMINISTRATIVE INFORMATION

**Support** - Did not receive any support or specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY2024120047

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 12 December 2024 and was last updated on 12 December 2024.

## INTRODUCTION

**Review question / Objective** To determine the effect of role of Physiotherapy in bipolar disorder.

**Rationale** Role of physiotherapy in bipolar disorder, assistance in interacting with dementia patients, figuring out what tasks and activities they enjoy, pointing out any areas that might be more challenging, and fostering mental health and wellbeing.

**Condition being studied** Physiotherapy plays a valuable role in the treatment and management of bipolar disorder, particularly in supporting the overall well-being of individuals and addressing physical and emotional health. While physiotherapy does not directly treat the underlying mental health condition, it can be an important adjunct to traditional psychiatric care.

## METHODS

**Search strategy** Search for relevant this. the study was performed evidence database PubMed, Google Scholar, PubMed central, and Medline data base using database.

**Participant or population** Adults -Bipolar disorders.

**Intervention** Physiotherapy role in bipolar disorder.

**Comparator** Physiotherapy can complement the treatment of bipolar disorder by addressing specific physical, emotional, and mental health challenges that often accompany the condition.

**Study designs to be included** A randomized control trail [RCT] QUASI CASE STUDY.

**Eligibility criteria** Published in English.

Randomized Control trial (RCT) evaluation  
Physiotherapy role, bipolar disorder, psychotic disorder are considered.<sup>15</sup>

Types of Intervention – interventions based on the following types- A mix of therapy, drugs, and lifestyle modifications can be used to treat bipolar disorder. Psychotherapy<sup>1</sup>, Medication<sup>2</sup>, Cognitive behavioral therapy (CBT)<sup>3</sup>,Lifestyle changes<sup>4</sup>.

Full text articles will be included.

**Information sources** Research-Gate, PubMed, Google Scholar, and scopus.

**Main outcome(s)** mproving their physical well-being and supporting mental health management.

**Additional outcome(s)** NI.

**Data management** Articles post screening and selection; the selected articles important information will be extracted by the second author. The information about the type of the study, study participant population, the kind and length of the intervention, the outcomes will be assessed. The accuracy and consistency of the data will be examined.

**Quality assessment / Risk of bias analysis**  
PedRo scoring will be done for included articles after identification, screening, and fulfilment of eligibility criteria.

**Strategy of data synthesis** Reviewers will screen the titles and abstract records. Full-text articles will be obtained for potentially eligible records.

**Subgroup analysis** It will be done by group analysis to explore heterogenicity.

**Sensitivity analysis** It will be done to assess the stability of the results and not by chance.

**Language restriction** English.

**Country(ies) involved** India.

**Other relevant information** Not Applicable.

**Keywords** Bipolar disorder, depression, Psychosocial intervention, Medical Rehabilitation.

**Dissemination plans** The findings of this narrative review will be disseminated through multiple channels to reach a broad audience of researchers, clinicians, and policymakers. The review will be submitted for publication in a peer reviewed journal focused on rehabilitation or physiotherapy. Additionally, results will be

presented at relevant national and international conferences to engage with the professional community. To enhance accessibility, summaries and key findings will be shared through institutional platforms, social media, and open-access repositories, ensuring wide reach and impact across healthcare and academic sectors.

#### Contributions of each author

Author 1 - Pooja Lohani - Conception, Methodology, Data extraction and writing initial draft.

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Author 2 - Jyoti Yadav - Supervision, Development of the selection criteria, Revision of the draft, Approval of the final manuscript.

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