

Bibliographie

- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191–215.
- Bauer, M., et al. (2020). Collaborative care models for bipolar disorder. *International Journal of Mental Health Systems*.
- Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press.
- Bonsack, C., Rexhaj, K., & Favrod, J. (2015). Psychoéducation et trouble bipolaire. *Journal de la psychiatrie*, 22(3), 233–245.
- Brown, C., Smith, L., & Martin, P. (2023). Empowerment and autonomy in peer support for mental health recovery. *Journal of Mental Health*, 32(2), 124–137.
- Colom, F., & Vieta, E. (2004). *Psychoeducation manual for bipolar disorder*. Cambridge University Press.
- Corrigan, P. W., Druss, B. G., & Perlick, D. A. (2012). The impact of mental illness stigma on seeking and participating in mental health care. *Psychological Science in the Public Interest*, 13(2), 36–70.
- Denicoff, K. D., et al. (2000). The NIMH Life Chart Method (LCM): A daily prospective assessment of the course of illness in bipolar disorder. *CNS Spectrums*.
- Ellis, A. (1962). *Reason and emotion in psychotherapy*. Lyle Stuart.
- Franck, N. (2014). *Principes et outils de la réhabilitation psychosociale*. Elsevier Masson.
- Frank, E., et al. (2005). Two-year outcomes for interpersonal and social rhythm therapy in individuals with bipolar I disorder. *Archives of General Psychiatry*.
- Geddes, J. R., & Miklowitz, D. J. (2019). Treatment of bipolar disorder. *The Lancet*, 387(10023), 1561–1572.
- Gonzalez, J., Miller, C., & Watkins, T. (2022). Peer support as an empowering tool in bipolar disorder management. *Clinical Psychology Review*, 87, 102–113.

- Grande, I., et al. (2016). Bipolar disorder. *The Lancet*, 387(10027), 1561–1572.
- Harvey, A. G., et al. (2015). Cognitive behavior therapy for insomnia in individuals with bipolar disorder: A randomized controlled trial. *American Journal of Psychiatry*.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2022). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). Guilford Press.
- Hofmann, S. G., et al. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*.
- Klein, L., Smith, R., & Williams, H. (2022). Living well with bipolar disorder: The role of peer support in mental health recovery. *Journal of Affective Disorders*, 287, 90–100.
- Lam, D. H., Wright, K., & Sham, P. (2003). Predictors of relapse in the first year of outpatient treatment of bipolar disorder. *Psychological Medicine*, 33(4), 723–727.
- Michalak, E. E., Yatham, L. N., Kolesar, S., & Lam, R. W. (2006). Bipolar disorder and quality of life: A patient-centered perspective. *Quality of Life Research*, 15(1), 25–37.
- Miklowitz, D. J., Porta, G., Martínez-Álvarez, M., & O'Neill, H. A. (2019). Family-focused treatment for bipolar disorder: A review of recent advances. *Current Opinion in Psychiatry*, 32(3), 231–236.
- Miklowitz, D. J., et al. (2003). Family-focused treatment for adolescents with bipolar disorder: Results of a two-year randomized trial. *Archives of General Psychiatry*.
- Murray, G., & Michalak, E. E. (2012). The quality of life construct in bipolar disorder research and practice: Past, present, and possible futures. *Bipolar Disorders*, 14(8), 793–796.
- NICE. (2020). *Bipolar disorder: Assessment and management* (CG185).
- Otto, M. W., et al. (2006). Anxiety disorders in bipolar disorder. *Bipolar Disorders*, 8(6), 704–715.
- Pavlova, B., et al. (2015). Lifetime prevalence of anxiety disorders in people with bipolar disorder: A systematic review and meta-analysis. *Bipolar Disorders*.
- Perlick, D. A., Miklowitz, D. J., & Martínez-Álvarez, M. (2008). The impact of family-oriented treatments on the course of bipolar disorder. *Journal of Clinical Psychiatry*, 69(7), 1088–1094.

Provencher, M. D., & Hawke, L. D. (2011). Comorbidity of anxiety disorders in bipolar spectrum disorders: Prevalence, clinical correlates, and treatment. *Journal of Affective Disorders*.

Reinares, M., et al. (2006). Psychoeducation and family therapy for patients with bipolar disorder: Efficacy and predictors of outcome. *Psychiatric Services*, 57(4), 568–570.

Reinares, M., González-Pinto, A., & Vázquez, G. (2022). Supportive peer relationships in bipolar disorder: The role of peer mentors in clinical practice. *Bipolar Disorders*, 24(5), 483–494.

Smith, J., Carpenter, B., & Langley, C. (2022). Breaking the silence: Peer support and stigma reduction in bipolar disorder. *Journal of Social and Clinical Psychology*, 41(3), 182–194.

Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*.

Swartz, H. A., & Swanson, J. W. (2020). The role of social rhythms in bipolar disorder. *The Journal of Clinical Psychiatry*, 81(2), e1–e10.

WHO. (2021). Guidance on community mental health services: Promoting person-centred and rights-based approaches. World Health Organization.

Wirz-Justice, A. (2018). Chronobiology in bipolar disorder. *Psychiatry Research*, 271, 56–62.

Yatham, L. N., et al. (2018). Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) guidelines for the management of patients with bipolar disorder. *Bipolar Disorders*.

Yen, S., et al. (2020). Stigma and bipolar disorder: Implications for employment. *Journal of Affective Disorders*, 264, 223–230.