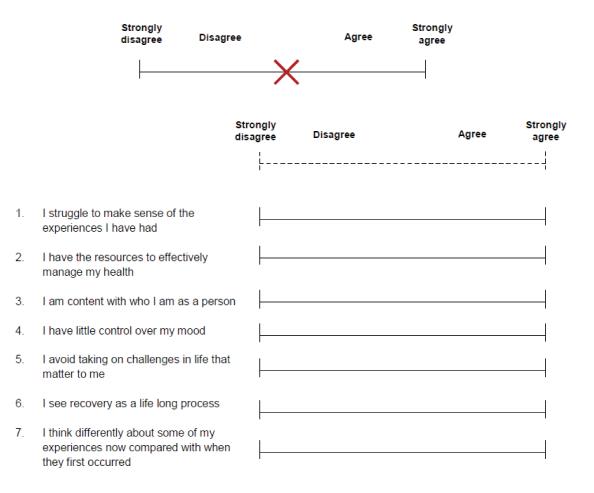
The Bipolar Recovery Questionnaire (BRQ)

The Bipolar Recovery Questionnaire has been developed in order to understand more about recovery in bipolar disorder; what recovery is and what can help or hinder recovery. The questionnaire has been developed by interviewing individuals with a diagnosis of bipolar disorder about their experiences of recovery. It is acknowledged that everybody is different and may have different experiences and views about recovery. Therefore not all of the statements on the questionnaire may apply to you.

When filling in the questionnaire, please consider how things have been for you in the last week in relation to your mental health and recovery. Please respond to the following statements by marking an "X" at the point on the line that best describes how much you agree with each statement (for an example, see below).



Strongly disagree	Disagree	Agree	Strongly agree
			ļ

- I can access the help I need in order to stay well
- I recognise when I am in situations that aren't good for my wellbeing
- I am able to engage in a range of activities that are personally meaningful to me
- 11. Recovery means forgetting about my mental health problems
- I am unsure about the reasons behind some of the experiences I have had
- 13. I feel in control of the things that happen in my life
- 14. I am productive in the things in life I engage in
- I depend on others to maintain my own well being
- 16. I feel confident enough to get involved in the things in life that interest me
- 17. I can see where certain experiences I have had have come from
- I am able to decide when I need support from others in order to maintain my wellbeing
- I get little personal satisfaction out of the things in life I am involved in
- I have the knowledge to make informed decisions concerning treatment for my mental health

Please turn over and continue

		strongly lisagree	Disagree	Agree	Strongly agree
		L			1
21.	I am unhappy with the person I have become				
22.	I sometimes let my mood fluctuate if I have important tasks to do				
23.	l play a central role in maintaining my own well being				
24.	I have the ability to achieve my goals in life				
25.	My ability to make informed choices about treatment is supported by my friends and family	ļ			
26.	I find it hard to engage in a range of activities that are valuable to me				
27.	I can still be in recovery even if I experience mood episodes in the future				
28.	Understanding where my mood experiences come from help me manage them	ļ]
29.	I have little control over the important decisions in my life				
30.	I am able to engage in a range of activities that are valuable to wider society				
31.	The knowledge I have gained enables me to look after myself				
32.	The activities I do make a difference to others	ļ			
33.	Being in recovery means that everything has to be going well in every aspect of my life	ļ			

Thank you for completing this questionnaire

aspect of my life

We would greatly value your thoughts or views on the Bipolar Recovery questionnaire. If you have any feedback on the questionnaire you would like to provide, please do so in the space below: