


## Mobile Apps Reduce Costs and Improve Outcomes of Bipolar Disorders

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### Abstract

Bipolar disorder (BD) is a mental illness which affects 2.7 % of population worldwide and can have devastating effects on individual health including alcoholism, drug abuse and suicide. Treatment adherence is a frequent problem in BD (60 % of bipolar is not adherent to medications), causing poor quality of life, high morbidity and mortality. This aspect is consistently predictive of a number of negative outcomes in bipolar samples, and the discontinuation of mood stabilizers places these patients at high risk for relapse. With continued increases in smartphone ownership (4.4 billion in 2017), researchers and clinicians are investigating the use of this technology to enhance the management of chronic illnesses such as (BD). Smartphones can be used to deliver interventions and psycho education supplement treatment, and enhance therapeutic reach in BD, as apps are cost-effective, accessible, anonymous, and convenient.

**Received:** May 05, 2022; **Accepted:** May 12, 2022; **Published:** May 22, 2022

### Biography

Giuseppe Borgherini graduated in Medicine and Surgery in 1986; he specialized in Psychiatry at the University of Padua in 1990 and holds a Ph.D. in Psychiatric Sciences at the University of Verona, 1994. He also won the European Erasmus Certificate in anxiety disorders attending internships at the

University of Maastricht and Oxford in 1991 and the same year he received a research grant from Martino Arrigoni Foundation for a study on the psychological aspects of heart transplantation in childhood during 1991.