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Monteith et al

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Formánek et al

Is too much insight bad for you?

David et al

Eating Disorder Service Transitions: Integrated Models, Knowledge Gaps, and Opportunities

Ragnhildstveit et al

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Cover picture

Inner Landscapes

This image is part of the Wellcome funded 'HELIOS-BD' project led by Professor Daniel Smith at the University of Edinburgh (www.heliosbd.com). The knowledge exchange workstream of HELIOS-BD (led by Dr Iain Campbell in collaboration with Bipolar Scotland) is co-producing images of the lived experience of bipolar disorder – on the theme of light and mood – using generative Artificial Intelligence (AI) technology. Individuals with bipolar disorder enter a short text description of their experiences into the AI powered image generator. The images shown provide an insight into subjective experiences of hypomania and mania.

This image is a stylized representation of how a group of people with lived experience of bipolar disorder described their perception of colour during mania. They noted that light and colours appear to be brighter and more pronounced during mania. This is an insight from lived experience which I was previously unaware of and will help to inform some of our future research.

Text by Professor Daniel Smith.

We are always looking for interesting and visually appealing images for the cover of the Journal and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London, E1 8BB, UK or bjp@rcpsych.ac.uk.

