



## BIPOLAR DISORDER Factsheet

June 2020

### Why assess cognition in elderly people with bipolar disorder?

Cognitive deficits across various domains are a common feature of bipolar disorder, and are strongly related to persistent difficulties in activities of daily living. Such deficits may be more pronounced in people with bipolar disorder who are aged over 60 years than in younger patients. Identifying cognitive deficits in elderly people contributes to the development of specific treatments and rehabilitation approaches.

### What is the evidence for cognition in elderly people with bipolar disorder?

Moderate to high quality evidence suggests a large effect of poorer executive functioning, and medium-sized effects of poorer memory, attention, and fluency in older people with bipolar disorder compared to controls who were matched for age and education. Moderate to low quality evidence also suggests a medium-sized effect of poorer learning ability in older people with bipolar disorder.

No reviews were identified that directly compared cognition in older versus younger people with bipolar disorder.

For more information see the technical table



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

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