



# NeuRA

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## BIPOLAR DISORDER Factsheet

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### What is episodic future thinking?

Episodic future thinking involves the mental construction, imagination or simulation of possible future events. This involves planning, problem-solving, coping, regulation of emotional states, and goal-motivated behaviour. Episodic future thinking associated with positive expectations of future events can positively influence behavioural outcomes.

Episodic future thinking can be measured in several ways. Structured tests involve presenting words, sentences, or pictures to which participants are asked to provide a related possible future event, with responses rated in terms of the number and specificity of episodic details provided. Interviews may be conducted asking participants to solve possible future problems, which are rated according to episodic specificity and detail in the answers.

### What is the evidence regarding episodic future thinking in people with bipolar disorder?

Moderate quality evidence suggests less episodic future thinking in people with bipolar disorder than in controls, which was similar to results found in people with depression or schizophrenia.

For more information see the technical table



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*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

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au](http://neura.edu.au).