



NeuRA

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BIPOLAR DISORDER Factsheet

June 2020

What is insight?

Insight is defined as the awareness of having a mental disorder, including an understanding of the social consequences associated with the disorder; the need for treatment; effects of medication; awareness of the implications; and awareness of the signs and symptoms of the disorder. Insight is clinically important and is linked to adherence to treatment, as patients who lack insight may not believe they have an illness and therefore do not believe they need medication.

What is the evidence on insight in people with bipolar disorder?

Moderate to high quality evidence suggests people with bipolar disorder in a manic phase with lower levels of insight at baseline showed greater improvement in symptoms, response, and remission post-treatment than patients with excellent insight at baseline (small to medium-sized effects). These results were adjusted for age, BMI, sex and symptom severity at baseline.

For more information see the technical table

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.



NeuRA

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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.