



## BIPOLAR DISORDERS Factsheet

September 2021

### How is self-esteem relevant to people with bipolar disorder?

Self-esteem reflects an individual's overall subjective emotional evaluation of his or her own worth. High self-esteem has been linked to happiness and satisfaction, while low self-esteem has been linked to pessimism, general distress, adjustment problems, and psychiatric illness, particularly depression.

### What is the evidence for self-esteem in people with bipolar disorder?

Moderate to high quality evidence suggests a large effect of lower self-esteem in people with remitted bipolar disorder when compared to controls, but higher self-esteem when compared to people with remitted major depression.

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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*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 enefits 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.*