



Image: ©Dmitry - Fotolia - stock.adobe.com

BIPOLAR DISORDERS Factsheet **November 2021**

How is quality of life related to bipolar disorder?

Quality of life (QoL) refers to an individual's sense of satisfaction with their circumstances. This can be measured subjectively via interview and objectively via measures of overall health, social and material well-being and access to resources and opportunities. A key focus of QoL research in bipolar disorder is to identify factors that influence or predict a person's satisfaction with their circumstances, which may then provide targets for therapeutic focus to improve QoL. The presence of acute psychiatric symptoms may contribute to lower QoL ratings. Other influential factors could include financial situation, living situation (homeless, living in a community setting or in a hospital), and perceived personal safety.

What is the evidence for quality of life?

Moderate quality evidence found quality of life was lower in people with bipolar disorder during euthymia (normal mood) compared to people without a psychiatric disorder. Longer duration in euthymia results in better quality of life.

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

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.