BIPOLAR DISORDERS Factsheet

May 2020

What is religiosity?

Religiosity refers to religious activity, dedication, and beliefs. This topic covers the available evidence on the relationship between religion and bipolar disorder.

What is the evidence for religiosity in people with bipolar disorder?

Moderate to low quality evidence suggests religiosity plays a role in many people with bipolar disorder.

Review authors report that religiosity is important when facing symptoms and relapses. Religious and spiritual beliefs influenced the relationship with psychiatrists and spiritual figures of reference, but were not always relevant in terms of providing a protective effect and as a provocative element in depressive or hypomanic phases.

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.

For more information see the technical table

HOW YOUR SUPPORT HELPS

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