

Recovery >



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BIPOLAR DISORDERS Factsheet

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How is recovery determined?

Recovery is a goal with multiple features, including remission of symptoms, functional recovery, prevention of relapse or recurrence of mood symptoms, and improved subjective quality of life.

Syndromal recovery is a pre-requisite for complete symptomatic remission. Syndromal recovery means that the person may have some residual symptoms, but no longer meets the criteria for a diagnosis of bipolar disorder by current standards. Symptomatic recovery or remission indicates any residual symptom would not be outside the normal range of experience for someone who never had a diagnosis of bipolar disorder.

What is the evidence for recovery in bipolar disorder?

Moderate quality evidence suggests rates of syndromal recovery are around 77% at 6 months, and up to 84% at 4 years following a first episode of mania in people diagnosed with bipolar disorder. Rates of symptomatic recovery are lower, with rates around 58% at 6 months, and 72% at 2 years.

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.



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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.