



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What is treatment non-adherence?

Non-adherence to treatment is a widespread issue that can make the clinical management of bipolar disorders problematic. Non-adherence to treatment reduces the likelihood of symptom improvement, and increases the likelihood of relapse and hospitalisation. Greater treatment adherence generally improves quality of life, fosters positive attitudes towards treatment, and results in greater insight into the disorder.

### What is the evidence for therapies for treatment non-adherence?

Moderate to low quality evidence suggests a medium-sized effect of improved medication adherence with any psychosocial intervention.



## 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.*

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](http://neura.edu.au).

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