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## BIPOLAR DISORDERS Factsheet

June 2020

### What is cognitive behavioural therapy (CBT)?

Psychosocial therapies such as CBT can provide a clinical adjunct to pharmacological therapy. CBT aims to generate links between patterns of thoughts, feelings and behaviours using cognitive restructuring to facilitate the understanding and management of these patterns. A variety of interventions can be labelled as CBT, but the primary approaches focus on coping strategies and problem solving skills.

### What is the evidence for CBT?

Moderate quality evidence suggests CBT improves depression and functioning. Moderate to low quality evidence suggests CBT also improves mania and reduces relapse.



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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 further 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 [www.neura.edu.au](http://www.neura.edu.au).

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