



BIPOLAR DISORDERS Factsheet

November 2021

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 accompanied by medication for bipolar disorder can improve depression symptoms and functioning. Moderate to low quality evidence finds CBT can also improve mania symptoms and reduce relapses.



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

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