



NeuRA

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BIPOLAR DISORDER Factsheet

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What are functional outcomes?

Functional outcomes refer to aspects of general life and day-to-day function that may be impacted as a consequence of illness-related impairments. For example, symptom severity has been significantly associated with community functioning, including social functioning, work performance, and social skills. Impaired social cognition may impact on functional outcome in terms of maintaining efficient social interactions and independent living skills. Interventions to improve symptom severity or cognitive impairments may have additional benefit for general functional outcomes.

What is the evidence for functional outcomes?

Moderate quality evidence found only around 16% of people with bipolar disorder are estimated to function at a high level. There is less autonomy, poorer occupational, cognitive, financial, and interpersonal functioning, and fewer leisure activities reported in patients compared to people without the disorder.

High quality evidence finds poor cognitive ability across multiple domains is associated with poor general functioning. Moderate to low quality evidence finds a relationship between poor emotion identification and regulation and poor general functioning, particularly in people with more severe depressive symptoms.

For more information see the technical table



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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.

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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