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BIPOLAR DISORDERS LIBRARY

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## BIPOLAR DISORDERS Factsheet

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### What is first-episode bipolar disorder?

The course of bipolar disorder and its treatment response tends to worsen over time, highlighting the importance of early intervention. As bipolar disorder cannot be diagnosed on the basis of depression alone, the onset of a manic episode may indicate an underlying bipolar disorder. Interventions for first-episode psychosis or depression have begun to be extended to those with bipolar disorder, however such interventions need to be tailored to suit people with first-episode bipolar disorder, and research is sparse for these patients.

### What is the evidence for psychosocial treatments for first-episode bipolar disorder?

Low quality evidence from one small study is unable to determine the benefits of cognitive behavioural therapy for people with first-episode bipolar disorder. More research is needed.

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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*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.*

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