



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What is autoimmune disease?

Autoimmune disease occurs when the body attacks its own tissues due to an abnormally functioning immune system. Common autoimmune diseases include systemic lupus erythematosus, rheumatoid arthritis, psoriasis, multiple sclerosis, ulcerative colitis, Crohn's disease, ankylosing spondylitis, pemphigus, and Sjogren's syndrome.

### What is the evidence for comorbid autoimmune disease?

Moderate quality evidence finds a significant, small increased rate of bipolar disorder in people with autoimmune disease, particularly sicca syndrome, systemic lupus erythematosus, and psoriasis.

Moderate to low quality evidence finds the prevalence of bipolar disorder in people with multiple sclerosis is ~6%. This finding is based on one study conducted in England, so may not be applicable to other populations.

No reviews were identified that assessed the rates of autoimmune disease in people with bipolar disorder.

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