



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What are benzodiazepines?

Benzodiazepines are minor tranquillisers that may be implemented as an adjunct to other medications in order to treat acute symptoms, such as agitation, aggression, irritability, and anxiety. They may also be used to treat side effects of antipsychotic medications such as movement disorders, including tardive dyskinesia. However, benzodiazepines are associated with their own side effects and are associated with well-established patterns of tolerance and dependence, so they are prescribed with caution.

### What is the evidence for benzodiazepine use by people with bipolar disorder?

Moderate to low quality evidence suggests benzodiazepine lorazepam is less effective than intramuscular antipsychotics olanzapine and aripiprazole for reducing agitation.

For more 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 [neura.edu.au](http://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.*