



NeuRA

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BIPOLAR DISORDERS Factsheet

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What are childhood adversities?

Childhood adversities encompass a range of childhood experiences, including loss of a close relative, bullying, physical abuse, sexual abuse, emotional abuse, and neglect. The nature, timing, severity, and duration of exposure are likely to influence mental health outcomes.

What is the evidence for childhood adversities in people with bipolar disorder?

Moderate quality evidence finds a small to medium-sized increased risk of bipolar disorder after exposure to any childhood adversity. There were significantly higher rates of childhood adversity in people with bipolar disorder compared to people without bipolar disorder and compared to people with major depression. No differences in rates of childhood adversity were found between people with bipolar disorder and people with schizophrenia.

The rate of childhood emotional abuse in adults with bipolar disorder is around 30.0% compared to a general population rate between 6.54% and 14.07%. The rate of childhood physical abuse in adults with bipolar disorder is around 18.0% compared to a general population rate between 6.69% and 12.0%. The rate of childhood sexual abuse in adults with bipolar disorder is around 22.0% compared to a general population rate between 6.2% and 9.46%. The rate of childhood emotional neglect in adults with bipolar disorder is around 31.0% compared to a general population rate between 13.3% and 16.19%. The rate of childhood physical neglect in bipolar disorder is around 30.0% (no population rate is reported for physical neglect).

Childhood adversity is associated with more symptom episodes and severity, rapid cycling, psychosis, anxiety, post-traumatic stress disorder, substance use, suicides, and an earlier age at onset.

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**.