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BIPOLAR DISORDERS LIBRARY

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## BIPOLAR DISORDERS Factsheet

October 2021

### How is pain related to bipolar disorder?

People with bipolar disorder often have increased rates of co-occurring disorders, including chronic pain and migraine. Pain has a deleterious impact on an individual's health and wellbeing. Chronic pain in particular is associated with reduced quality of life and difficulties with activities of daily living and often has a negative impact on an individual's emotional and mental health.

### What is the evidence for pain in people with bipolar disorder?

Moderate quality evidence suggests the overall prevalence of migraine in people with bipolar disorder is ~35%. Rates were higher in people with bipolar II disorder than bipolar I disorder, and in studies that used recognised assessments of migraine.

Moderate quality evidence suggests the overall prevalence of pain in people with bipolar disorder is ~30%. Rates were significantly higher in people with bipolar disorder than controls (medium-sized effect).

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).