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BIPOLAR DISORDERS Factsheet

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What is cognitive remediation?

Cognitive impairment is an affliction for many people with bipolar disorder, and affects domains including executive function, attention, memory (particularly verbal memory), and social cognition. These deficits interfere considerably with day-to-day function.

Cognitive remediation (or rehabilitation) interventions usually take the form of repetitive exercises (with or without computers) and sometimes augmented by group sessions, strategy coaching and homework exercises, which serve as training for cognitive processes such as memory or attention, as well as social skills and communication. Strategy learning focuses on providing alternative strategies to compensate for the observed difficulties with cognition; in contrast, rehearsal learning is aimed at restitution of lost skills. This type of intervention is specifically targeted to particular cognitive domains which are known to be deficient in people with bipolar disorder, with the intention of compensating or improving functional outcome.

What is the evidence for cognitive remediation?

Low quality evidence is unable to determine any benefits of cognitive rehabilitation for people with bipolar disorder. Review authors report that findings were not robust due to the variety of intervention designs, the methodological limitations of the studies, and the lack of studies in the field.

For further information see the technical table



NeuRA

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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.

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