



# NeuRA

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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 or cognitive training 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



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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

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NeuRA (Neuroscience Research Australia) Foundation  
T 1300 888 019 F +61 2 9399 1082  
ABN 57 008 429 961

**Margarete Ainsworth Building**  
Barker Street, Randwick NSW 2031  
PO Box 1165 Randwick Sydney NSW 2031 Australia

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