



## BIPOLAR DISORDERS Factsheet

November 2021

### What is dual diagnosis?

Several treatments have been targeted to people with 'dual diagnosis'; both a psychiatric disorder and a substance use disorder. Studies of dual diagnosis may investigate the availability and effectiveness of treatments for either diagnosis, including symptom severity, substance use, social functioning, quality of life, and also, cognition.

### What is the evidence for treatments for dual diagnosis?

Moderate to high quality evidence quetiapine significantly improved manic symptoms, but not depression symptoms compared to placebo. There were no effects for mania or depression of mood stabilisers, citicoline, or acamprosate compared to placebo. Lower quality evidence from small trials suggests the anticonvulsants valproate and lamotrigine may also improve mood and reduce substance use.



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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.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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