



BIPOLAR DISORDERS Factsheet

November 2021

What are educational therapies?

Educational therapies for psychiatric illnesses (psychoeducation) are targeted towards increasing a person's knowledge about their disorder. Educational therapies aim to improve insight and understanding, promote coping and reduce stigma, increase medication adherence, enable behavioural change, and ultimately prevent relapse. Educational sessions can take place individually or in groups, with other patients or with family, and are usually incorporated into an ongoing treatment regimen in both hospital and community settings.

What is the evidence for educational therapies?

Moderate to low quality evidence suggests a medium-sized effect of fewer relapses to mania or depression with group psychoeducation, but not with individual psychoeducation, when compared to treatment as usual. It may also increase treatment adherence.

Psychoeducation plus cognitive behavioural therapy (CBT) may improve mania symptoms and functioning. Psychoeducation plus Personalized Real-time Intervention for Stabilizing Mood (PRISM) may improve depressive symptoms.

Moderate to high quality evidence suggests reduced internalised stigma with psychoeducation.

For further information see the technical table



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.