



# NeuRA

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## BIPOLAR DISORDERS Factsheet

November 2021

### What is tamoxifen?

Tamoxifen is a selective estrogen-receptor modulator that is used to treat breast cancer. Studies on the pathophysiology of bipolar disorder have demonstrated abnormalities in protein kinase C (PKC) signaling in manic states. Inhibition of PKC can result in antimanic effects. Currently, tamoxifen is the only relatively specific PKC inhibitor that is available for human use and that is capable of crossing the blood-brain barrier.

### What is the evidence for tamoxifen?

Moderate quality evidence suggests large effects of greater improvement in acute mania symptoms with tamoxifen than with placebo, risperidone, haloperidol, olanzapine, cariprazine, lithium, carbamazepine, paliperidone, aripiprazole, asenapine, quetiapine, oxcarbazepine, licarbazepine, ziprasidone, valproate, verapamil, lamotrigine or topiramate. There were no differences in all-cause discontinuation of treatment.

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).

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)