



## BIPOLAR DISORDERS Factsheet

February 2021

### How is ethnicity related to risk for bipolar disorder?

Some ethnic groups may show greater or less risk for bipolar disorder than others. Incidence refers to how many new cases there are per population in a specified time period, while prevalence refers to how many existing cases there are at a particular point in time. Differences in the incidence and prevalence across various ethnic groups can provide clues to possible causes of bipolar disorder.

### What is the evidence for ethnicity and risk for bipolar disorder?

Moderate quality evidence finds a medium-sized increased risk of affective psychosis, including bipolar disorder, in Black African and Black Caribbean ethnic groups in England. There was a small increased risk in South Asian and other White groups (Irish, Eastern European).

Moderate to low quality evidence finds a small increased risk of bipolar disorder in people living in the US who have a Caucasian mother, with no association with having an African American mother or a mother with another ethnic background.

For more 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

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