



# NeuRA

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## BIPOLAR DISORDERS Factsheet

June 2020

### What is familial risk?

Many disorders are the result of interaction between susceptibility genes and environmental influences. One example is cardiovascular disease; people with a family history of cardiovascular disease are more susceptible to heart problems, and environmental influences, such as diet, can increase this risk. Bipolar disorder is also a complex disorder that can arise from both genetic and environmental influences, including those within the family unit.

### What is the evidence for familial risk?

Moderate to low quality evidence suggests a medium-sized increased risk of bipolar disorder in the offspring of people with bipolar disorder. There were also small effects of increased risk of depressive, anxiety, disruptive, substance use and attention-hyperactivity deficit disorders.

For more information see the technical table

### 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

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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.*