



# NeuRA

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## BIPOLAR DISORDERS Factsheet

June 2020

### What is family intervention?

Family intervention involves the introduction of a patient's immediate family into a psychosocial treatment setting. Its goals involve preventing relapse, improving the family's relationships and understanding of the disorder as well as improving their own mental health, should that be compromised. Family interventions have a focus on psychoeducation which provides information on the disorder, medication, and treatment adherence. They can also employ cognitive and behavioural strategies to improve problem solving, communication skills, and coping, and to reduce high expressed emotion in the family unit.

### What is the evidence for family intervention?

Moderate quality evidence suggests family psychoeducation is associated with a medium-sized reduced risk of mania relapse for up to one year post-treatment compared to treatment as usual. Moderate to low quality evidence suggests carer focused therapy may also reduce relapses in patients.

For further 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).



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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.*