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## BIPOLAR DISORDERS Factsheet

October 2021

### How is fibromyalgia related to bipolar disorder?

People with bipolar disorder often have increased rates of co-occurring disorders, including fibromyalgia. Fibromyalgia is a centralised pain syndrome characterised by the presence of chronic widespread pain in association with fatigue, sleep disturbances and cognitive dysfunction. Fibromyalgia in people with bipolar disorder has been associated with higher rates of mood recurrences and greater disability. The use of antidepressants in fibromyalgia management may promote manic switches and episodes with mixed features, complicating the progressive course of bipolar disorder.

### What is the evidence for comorbid fibromyalgia?

Moderate quality evidence suggests the overall prevalence of bipolar disorder in people with fibromyalgia is ~15%, with a large increased risk of bipolar disorder in people with fibromyalgia when compared to people without fibromyalgia.

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)