



# NeuRA

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## BIPOLAR DISORDER Factsheet

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### What are mixed states in bipolar disorder?

Bipolar disorders are a group of disorders characterised by episodes of mania or hypomania and depression. Concurrent 'mixed' episodes of both mania and depression can also be present. For a mixed episode, the latest Diagnostic and Statistical Manual of Mental Disorders (DSM-5) states a requirement of at least three manic/hypomanic symptoms (e.g. elevated mood, inflated self-esteem, decreased sleep, increased energy) occurring nearly every day during a major depressive episode. Alternatively, the presence of at least three symptoms of depression (e.g. depressed mood, diminished interest or pleasure, slowed physical and emotional reaction, fatigue or loss of energy, and recurrent thoughts of death) need to occur nearly every day throughout a manic or hypomanic episode.

### What is the evidence for pharmaceutical treatments for mixed states?

High quality evidence suggests a medium-sized effect of improved manic symptoms and a smaller effect of improved depression symptoms with second-generation antipsychotics (with or without adjunctive mood stabilisers) compared to placebo.

For more information see the technical table



## 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.*

### 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).