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BIPOLAR DISORDER Factsheet

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What is rapid cycling in bipolar disorder?

Rapid cycling refers to the presence of four or more discrete mood episodes (mania, hypomania, depression, or mixed) during a one-year period. Studies have suggested that rapid mood cycling is more frequent in women than in men, and has been associated with hypothyroidism and bipolar II disorder (hypomania rather than mania). It is also associated with longer illness duration, greater illness severity, and worse global functioning.

What is the evidence for pharmaceutical treatments for rapid cycling?

Moderate to low quality evidence suggests the antipsychotics olanzapine, quetiapine, and aripiprazole, and the anticonvulsants divalproex and valproate may be effective for acute clinical response. Anticonvulsant lamotrigine may be more effective than placebo for maintaining stability over time. Antidepressant bupropion may result in a lower risk of switching from depression to mania than antidepressant venlafaxine.

Moderate quality evidence suggests fewer relapses with long-acting injectable risperidone than treatment as usual (various medications).

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.