



BIPOLAR DISORDERS Factsheet

June 2020

What is group therapy?

Group therapy refers to any psychosocial therapy that is administered in a group setting. It can include specific cognitive or behavioural therapies and is often utilised in inpatient settings. The usefulness of group therapy has been examined in the context of improving illness outcomes such as symptom severity and quality of life, medication compliance, and particularly social interaction and anxiety.

What is the evidence for group therapy?

Moderate to high quality evidence suggests a medium to large effect of reduced risk of any relapse with group therapies. Group therapies consisted of psychoeducation, cognitive behavioural therapy, family-focused treatment, and interpersonal and social rhythm therapy.

Moderate to low quality evidence suggests a medium-sized reduced risk of relapse with group mindfulness therapy, social cognition and interaction training, and dialectical behaviour therapy. There were no differences between group therapy and treatment as usual for symptoms or hospital admissions.

For further 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

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