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BIPOLAR DISORDERS Factsheet

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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 low quality evidence finds medium to large effects of fewer relapses and improved symptoms and functioning following group therapies. Group therapies consisted of psychoeducation, cognitive behavioural therapy, family-focused treatment, functional remediation, and interpersonal and social rhythm therapy. There were also fewer relapses with group mindfulness therapy, social cognition and interaction training, and dialectical behaviour therapy.

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

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.

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