



# NeuRA

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## BIPOLAR DISORDERS Factsheet

October 2021

### What are impulsivity-related disorders?

Impulsivity-related disorders include; intermittent explosive disorder characterised by uncontrolled fits of extreme anger and violence, pyromania characterised by irresistible urges to light fires, kleptomania characterised by irresistible urges to steal, and conduct disorder characterised by repetitive and persistent behaviours that violate societal rules and the basic rights of other people. Related disorders include; trichotillomania characterised by uncontrollable hair twisting and pulling, skin-picking disorder, pathological gambling, compulsive sexual behaviour and exhibitionism, compulsive buying, internet addiction, video or computer game addiction, food addiction, work addiction, tanning addiction and physical exercise addiction.

### What is the evidence for impulsivity-related disorders?

Moderate to low quality evidence suggests more harmful behavioural addictions in general in people with bipolar disorder than controls without the disorder.

Moderate quality evidence finds the prevalence of bipolar disorder in people with problem gambling is around 9%. This is lower than in people with nicotine dependence (56.4%), major depressive disorders (29.9%), alcohol use disorders (21.2%), anxiety disorders (17.6%), social phobia (14.9%), generalised anxiety disorder (14.4%), panic disorder (13.7%), post-traumatic stress disorder (12.3%), cannabis use disorder (11.5%), attention-deficit hyperactivity disorder (9.3%), and adjustment disorder (9.2%). Risk factors for problem gambling in bipolar disorder include suicidal ideation or attempt, history of rapid cycling, and younger age at illness onset.

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).