



NeuRA

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BIPOLAR DISORDERS Factsheet

October 2021

How is maternal diet during pregnancy related to risk for bipolar disorder?

Consumption of a balanced diet during pregnancy aids the development of a healthy fetus which may act as a preventative factor for the development of bipolar disorder in adulthood. In contrast, consumption of substances or poor diet during pregnancy can be harmful to the developing fetus.

What is the evidence for maternal diet during pregnancy?

Moderate to low quality evidence suggests a medium-sized effect of increased risk of bipolar disorder in offspring of mothers who smoked during pregnancy. There were no associations between alcohol or caffeine use during pregnancy and bipolar disorder in the offspring.

For more information see the technical table

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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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.