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## BIPOLAR DISORDERS Factsheet

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### How is migrant status related to bipolar disorder?

The term “migrant” usually refers to first generation migrants - people with a foreign birth place, and studies have assessed whether migration is related to risk of bipolar disorder. Any association observed between migrant status and increased risk of bipolar disorder has stimulated a great deal of explanatory hypotheses, including additional stress relating to migration and settling into a new country, and possible issues with discrimination. Other explanations include a tendency for at-risk individuals to migrate, and underlying genetic variances across cultures.

### What is the evidence for migrant status as a risk factor for bipolar disorder?

Moderate quality evidence finds a small increase in the risk of bipolar disorder or affective psychosis after migration.

For more information see the technical table



*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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