



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What is mindfulness?

Mindfulness involves intentional and non-judgmental focus of one's attention on emotions, thoughts and sensations that are occurring in the present moment. The aim is to open awareness to present experiences, whether positive or negative, allowing thoughts to come and go without reacting, and accepting oneself and the experience.

### What is the evidence for mindfulness?

Moderate quality evidence finds medium-sized improvements in depression and anxiety, but no consistent improvements in mania symptoms with mindfulness-based interventions in pre-post treatment assessments. There may also be improvements in mindfulness ability, stress, and emotion regulation following treatment.

However, moderate to low quality evidence finds no differences in symptoms when mindfulness-based interventions were compared to usual treatment.

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).