



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### How is mortality related to people with bipolar disorder?

The life expectancy of people with a mental illness may be reduced compared to the general population. The reasons are largely unclear, but may in part be related to lifestyle factors such as weight gain, smoking, unhealthy diet and low physical activity. Bipolar disorder may also be associated with increased suicide rates when compared to the general population. This topic assesses the current evidence describing mortality rates in people with bipolar disorder.

### What is the evidence regarding mortality rates?

Moderate to high quality evidence suggests a medium-sized effect of increased risk of all-cause mortality in people with bipolar disorder compared to the general population. There were large effects of increased risk of suicide or other violent deaths, medium-sized effects of increased risk of death from respiratory disease or infections, and small effects of increased risk of death from cardiovascular disease, circulatory disease, or cancer.

For more 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](http://neura.edu.au).