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BIPOLAR DISORDER Factsheet

May 2020

How is physical activity relevant to people with bipolar disorder?

Increased physical activity has the potential to improve physical and mental health in people with bipolar disorder. Individuals with a severe mental illness are more likely to be sedentary than the general population and are consequently at high risk for chronic medical conditions associated with inactivity. Positive psychological effects from physical activity in clinical populations have been reported, including improved quality of life.

What is the evidence regarding physical activity?

Moderate quality evidence suggests people with any severe mental illness are less active and more sedentary than controls. However, in people with bipolar disorder specifically, no differences were found compared to controls, as they were more active than people with schizophrenia or major depression.

Lower physical activity was associated with; living in North America, outpatients, antidepressant use, male sex, being single, unemployed, smoking, higher body mass index, lower cardio-respiratory fitness, medical comorbidity, older age, ethnic minority status, and low education.

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.



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.