



# NeuRA

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BIPOLAR DISORDERS LIBRARY



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## BIPOLAR DISORDERS Factsheet

October 2021

### What is prevalence?

Prevalence quantifies the proportion of individuals in a population who have a disorder during a specific time period, while incidence refers to the number of new cases that develop in a population during a specific time period. In disorders of short duration, incidence and prevalence rates may be similar, however with disorders of long duration, such as bipolar disorder, there can be variation between the two. Current, or 'point' prevalence is the proportion of individuals who have the disorder at a given point in time, 'period' prevalence measures the proportion of individuals who have the disorder during a specified period (e.g. 1 year), a 'lifetime' prevalence is the proportion of individuals in the population who have ever had the disorder.

### What is the evidence on prevalence of bipolar disorder in primary care settings?

Primary care settings typically represent the first step for treatment-seeking individuals with mood symptoms. Moderate quality evidence suggests the overall prevalence of bipolar spectrum disorders in primary care settings is around 1.9%, with current prevalence around 3.7%, and 12 month prevalence around 0.7%. Rates were highest in North America, in recent publications, and in younger samples.

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).

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