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## BIPOLAR DISORDERS Factsheet

November 2021

### What is shared decision making?

Shared decision making aims to support people during specialist mental health treatment, encouraging them to be active in the decision making process regarding their pharmacological and psychoeducational treatment options, by keeping them informed and involved. Shared decision making interventions often utilise a decision-making tool, involving the person in the decision making process in conjunction with nursing support, ensuring that they understand the clinical problem, exploring their worries, fears and expectations, discussing potential treatment options, and ensuring the implications of these options are understood. There is also provision for opportunities to review decisions.

### What is the evidence for shared decision making?

Low quality evidence is unclear as to the benefit of shared decision making for mood symptoms, functioning or quality of life. Review authors conclude that there is need for further research in this area.

For further 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

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).