



BIPOLAR DISORDER Factsheet

April 2019

How is smoking related to bipolar disorder?

Tobacco smoking is very common among people with a mental illness, who often show particularly heavy use. This poses considerable health risks, potential interference with the metabolism of medications, as well as financial burden for the individual. Heavy cigarette use may contribute to increased mortality and reduced life expectancy.

What is the evidence for smoking?

Moderate to high quality evidence suggests small to medium-sized, increased odds of smoking in people with bipolar disorder compared to the general population, and compared to people with major depression. There was a small decreased odds of smoking in people with bipolar disorder when compared to people with schizophrenia.

Moderate quality evidence suggests no differences in smoking cessation advice rates between smokers with bipolar disorder and smokers with no mental illness.

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.