



BIPOLAR DISORDERS Factsheet

June 2020

What are social rhythms interventions?

The social environment can exert influence on synchronisation of circadian rhythms by entraining neurohormonal events such as cortisol and melatonin secretion. These are key components of circadian physiology, and disruptions to them can affect mood.

Some people with bipolar disorder are particularly sensitive to social rhythm disruption. Circadian and sleep/wake processes can be manipulated through behavioural interventions because of their responsiveness to external cues. These behavioural interventions identify a person's social patterns and how they affect their mood. People are then supported to establish more regular social rhythms.

What is the evidence for social rhythms interventions?

Low quality evidence is unable to determine the benefits of social rhythm interventions for relapse, response or depression.

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.