



# NeuRA

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BIPOLAR DISORDERS LIBRARY



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## BIPOLAR DISORDERS Factsheet

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### What is prevalence?

Prevalence quantifies the proportion of individuals in a population who have a disease during a specific time period, while incidence refers to the number of new cases of disease 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 with bipolar disorder there can be variation between the two. Point prevalence is the proportion of individuals who manifest a disorder at a given point in time, period measures the proportion of individuals who manifest a disorder during a specified period (e.g. one year), lifetime is the proportion of individuals in the population who have ever manifested a disorder who are alive on a given day and lifetime morbid risk also includes those deceased at the time of the assessment.

### Is there variation in prevalence rates of bipolar disorder across countries?

Moderate quality evidence finds the lifetime prevalence rates of bipolar disorders are significantly higher in North America (2.9%), South America (3%), Australia (2.1%) and Europe (1.7%), than in the Middle East (1.1%), Africa (0.7%), and Asia (0.5%).

The 10-year prevalence of bipolar disorder in South Asia (India, Pakistan, Nepal, Sri Lanka, and Bangladesh) is around 0.6%. The pooled prevalence of bipolar disorder in the WHO Eastern Mediterranean region (Iran, Pakistan, Egypt, Lebanon, Sudan, Saudi Arabia, Morocco, Iraq, Afghanistan, Jordan, Qatar, Bahrain, Palestine, United Arab Emirates, and Tunisia) is around 0.7%. Current prevalence is around 1.9%, lifetime prevalence is around 0.2%, and period (6-12 month) prevalence is around 0.6% in that region.

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](http://neura.edu.au).

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