



BIPOLAR DISORDERS Factsheet

June 2020

Why do parents with bipolar disorders need specialised treatment?

Parents with a bipolar disorder may face challenges in accessing and maintaining treatment programs. They may be less likely to seek treatments due to problems finding care for their children, particularly when inpatient care is required, and at short notice. Parents may also find it difficult to properly adhere to treatment programs due to the demands of parenthood.

What is the evidence for treatments for parents with bipolar disorder?

Low quality evidence is unclear as to the benefit of the Positive Parenting Program (Triple P) for parents with bipolar disorder. Only one trial specifically included parents with bipolar disorder. Review authors conclude that more research is needed and future interventions should combine different intervention strategies to target multiple areas in a flexible manner.

For more 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 schizophrenia 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.