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BIPOLAR DISORDERS Factsheet

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How is urbanicity related to bipolar disorder?

There is evidence that urban settings are associated with higher rates of some psychiatric disorders. Studies of urbanicity have defined exposure to urban environs in various ways, either consisting of urban-rural comparisons or defined according to population density which can include mixed urban-suburban-rural areas. The majority define urbanicity by degrees of population density, defined either as population per square kilometer or as the number of inhabitants within a defined location (e.g., capital, city, or town). It is not clear whether urban living is itself associated with a higher risk for bipolar disorder, as other factors may influence this association such as social class and access to treatment. Time of exposure also varies in different studies. Exposure may be assessed at birth, during upbringing or at illness onset.

What is the evidence for urbanicity as a risk factor for bipolar disorder?

Moderate quality evidence suggests a higher risk of bipolar disorder in adulthood in people who were born in urban areas, but not in those living in urban regions later in life.

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**.