



NeuRA

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BIPOLAR DISORDERS LIBRARY



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BIPOLAR DISORDERS Factsheet

October 2021

How is winter birth related to risk for bipolar disorder?

Researchers have observed the existence of high and low prevalence (total number of cases) and incidence (number of new cases during a specified time frame) pockets for some psychiatric disorders, with rates varying depending on season of birth. These may be related to variances in temperature, precipitation, and sun exposure, however the underlying mechanisms involved are largely unknown.

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

Moderate quality evidence finds a small, increased risk of affective psychosis in people born in late winter in the northern hemisphere (January to April). Affective psychoses is a broad diagnostic category that includes bipolar disorder.

For more information see the technical table

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.



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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.