



BIPOLAR DISORDERS Factsheet

February 2020

What are therapeutic relationships?

The therapeutic relationship refers to the relationship between a patient and a clinician. Many patients consider it to be the most important component of care, and therefore it should influence how well patients engage with services, and how well they show improvements from therapy.

What is the evidence on therapeutic relationships?

Moderate quality evidence suggests good therapeutic relationships can be associated with increased medication adherence and improved symptoms.



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.

For further information see the technical table

HOW YOUR SUPPORT HELPS

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