



# NeuRA

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BIPOLAR DISORDERS LIBRARY

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## BIPOLAR DISORDERS Factsheet

November 2021

### How is diet related to bipolar disorder?

People with mental disorders may be at increased risk of nutritional deficiencies due to poor diet. Poor diet is a major and modifiable cause of comorbid conditions, including metabolic syndrome and obesity. During pregnancy, it also contributes to the risk of developmental problems in the foetus.

### What is the evidence for diet in people with bipolar disorder?

Moderate quality evidence finds people with bipolar disorder have higher energy intake than people without bipolar disorder.

Moderate to low quality evidence finds caffeine consumption could be related to switching to mania or mixed states. Review authors suggest that acute increases in caffeine consumption may precede the occurrence of manic symptoms, potentially through a direct stimulant effect, affecting sleep patterns, and/or the metabolism of lithium or other medications.

No reviews meeting inclusion criteria were identified that assessed other dietary factors.

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

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