



Image: ©lapas77 – Fotolia – stock.adobe.com

BIPOLAR DISORDERS Factsheet

November 2021

What are the costs involved in treating bipolar disorder?

Bipolar disorder is one of the leading causes of disability due to having a mental illness. A range of pharmacological and psychological interventions are effective in the management and prevention of acute episodes of bipolar disorder. However, these incur considerable costs, as well as productivity losses due to time off work. This topic presents the economic cost-effectiveness of psychosocial treatments in Purchasing Power Parity - International dollar (PPP-INT\$), which is comparable to what the US dollar would buy in the United States.

What is the evidence for psychosocial treatment costs?

Moderate to low quality evidence finds the cost of the Bipolar Disorders Program is around PPP-INT\$3,879 per person, a group structured psychoeducation is around PPP-INT\$1,727 per person, a hospital-based psychosocial care plus lithium or valproic acid is around PPP-INT\$1,091 to PPP-INT\$9,627 per person, a community-based psychosocial care plus lithium or valproic acid is around PPP-INT\$719 to PPP-INT\$5,599 per person, a Joint Crisis Plan is around PPP-INT\$2,286 per person, a specialized out-patient clinic of pharmacological, psychotherapy, and group psychoeducation costs around PPP-INT\$4,036 per person, cognitive behavioural therapy costs around PPP-INT\$2,881 per person, structured psychoeducation costs around PPP-INT\$5,626 per person, and a multicomponent psychoeducation and support intervention costs around PPP-INT\$1,846 per person. All of these interventions were cheaper in the long-term compared to standard care as they reduced hospitalisation costs.

For more information see the technical table



NeuRA

Discover. Conquer. Cure.

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.