



NeuRA

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BIPOLAR DISORDERS Factsheet

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What is optical coherence tomography (OCT)?

OCT is an imaging technology that assesses the thickness of the peripapillary retinal nerve fibre layer, macular thickness, and volume. It has been used to assess neurologic diseases such as multiple sclerosis, Alzheimer's disease, and Parkinson's disease, and more recently, in bipolar disorder.

What is the evidence for OCT in people with bipolar disorder?

Moderate to low quality evidence finds a large reduction in overall peripapillary retinal nerve fibre layer thickness in people with bipolar disorder, particularly in the inferior retinal nerve fibre layers.

For more information see the technical table

HOW YOUR SUPPORT HELPS

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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.