

# Causal link identified between bipolar disorder, IBD

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Bipolar disorder (BD) is causally associated with inflammatory bowel

disease (IBD), according to a study published online Sept. 20 in *Frontiers in Genetics*.

Zhe Wang, from the First Affiliated Hospital, China Medical University in Shenyang, and colleagues performed bidirectional two-sample Mendelian randomization (MR) and selected [single nucleotide polymorphisms](#) (SNPs) associated with BD and IBD. SNPs and genetic associations with BD and IBD were obtained from the latest genome-wide association studies in Europeans.

The researchers found a significant, positive association for genetically predicted BD with the risk for IBD and [ulcerative colitis](#) (per log-odds ratio increase: odds ratios, 1.18 and 1.19, respectively). In a validation analysis, the combined odds ratios of IBD, Crohn disease, and UC increased per log-odds ratio of BD (odds ratios, 1.16, 1.20, and 1.17, respectively). No causal relationship was seen between genetically influenced IBD and BD.

"Our results confirm a [causal relationship](#) between BD and IBD, which may influence clinical decisions on the management of BD patients with intestinal symptoms," the authors write. "Although the reverse MR results did not support a causal effect of IBD on BD, the effect of active IBD on BD remains to be further investigated."

**More information:** [Abstract/Full Text](#)

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