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# Prospective Memory in Bipolar Disorder: a Meta-analysis

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## Abstract

There are conflicting findings about prospective memory (PM) performance in bipolar disorder. This meta-analysis systematically examined PM in patients with bipolar disorders. Articles were systematically searched in both English and Chinese databases, from their inception to Nov 15, 2016. Only case-control studies on PM in bipolar patients were included for analyses. The random effect model was used in all meta-analytic outcomes. Four studies (n=390) comparing PM performance between patients with bipolar disorder (n=208) and healthy controls (n=182) were included. Three studies were rated as "high quality", while the quality of evidence in 3 meta-analyzable outcomes ranged from "moderate" (67%) to "high" (33%). Compared to healthy controls, bipolar disorder patients showed impairments in overall PM [2 studies, n=196; SMD: -1.08 (95%CI: -1.61, -0.55),  $P < 0.0001$ ;  $I^2 = 65\%$ ], event-based PM [4 studies, n=367; SMD: -0.51 (95%CI: -0.78, -0.23),  $P = 0.0003$ ;  $I^2 = 37\%$ ] and time-based PM performance [4 studies, n=367; SMD: -0.82 (95%CI: -1.11, -0.52),  $P < 0.0001$ ;  $I^2 = 41\%$ ]. In this meta-analysis, both time-based PM and event-based PM deficits appeared to

<sup>1</sup> These authors contributed equally to the paper.

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