Clinically it (may seem?) seems obvious (intuitive?) that stress and critical life events (LE) play a crucial role in the etiology and clinical course? of bipolar disorder (BD) (and its course). Surprisingly, so far evidence has been summarized in form of narrative reviews, no study has evaluated the validity of prior data using a more objective and analytical approach? (JUST AN IDEA) . Therefore Drs. Lec, Baezner and Meyer performed a systematic literature search and used meta-analysis – a robust statistical procedure – to determine the significance of current findings and outline empirical questions that remain to be answered. . Aggregating data across 42 identified studies showed that individuals diagnosed with BD reported significantly more LE before relapse when compared to euthymic phases. They also reported more LE relative to healthy individuals and to physically ill patients but not compared to patients diagnosed with unipolar depression or schizophrenia. In summary, these findings provide evidence of the negative effects of stress on the course of BD. There is also some indication that giving birth might be a LE that affects people with BD to a greater extent than other LE or in comparison to other groups?. Additional research on LE and BD? is needed. Add something about using objective analyses to view data?