

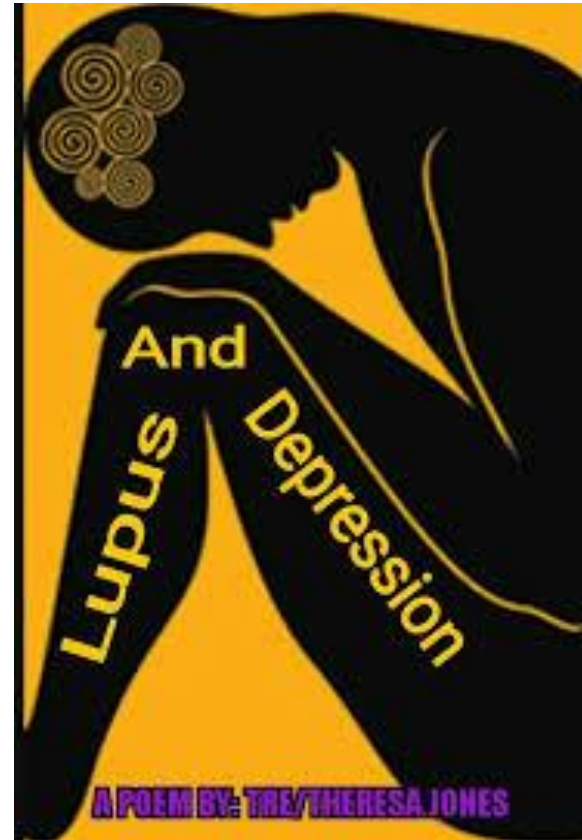


Depression stress and anxiety in SLE

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Depression in chronic disease

- Chronic disease has a detrimental impact on an individual's mental health.
- We have learned that the relationship between chronic physical disease and mental illness is bidirectional



Depression in chronic disease

- The Healthy People 2020 report from the United States (US) Department of Health and Human Services states that “mental health disorders have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today’s most pressing chronic diseases.

Systemic lupus erythematosus

- Systemic lupus erythematosus (SLE) is a multisystem, autoimmune disease in which the immune system mistakenly attacks the body
- SLE has frequent psychological comorbidities, of which **depression** and **anxiety** are two common manifestations

The Impact of Lupus on the Body

Central and Peripheral Nervous System

Seizures, Psychosis, Headaches, Cognitive Dysfunction, Neuropathies, **Depression**, Low Grade Fever

Eyes and Mucous Membranes

Ulcers in the Eyes, Nose, Mouth or Vagina, Sjögren's Syndrome

Heart, Lungs

Pericarditis, Myocarditis, Endocarditis, Pleuritis, Pneumonitis

Gastrointestinal

Nausea, Vomiting, Diarrhea, Weight Changes

Kidneys

Edema, Hypertension, Proteinuria, Cell Casts, Renal Failure

Musculoskeletal

Extreme Fatigue, Arthralgia, Myalgia, Arthritis, Myositis

Reproductive System

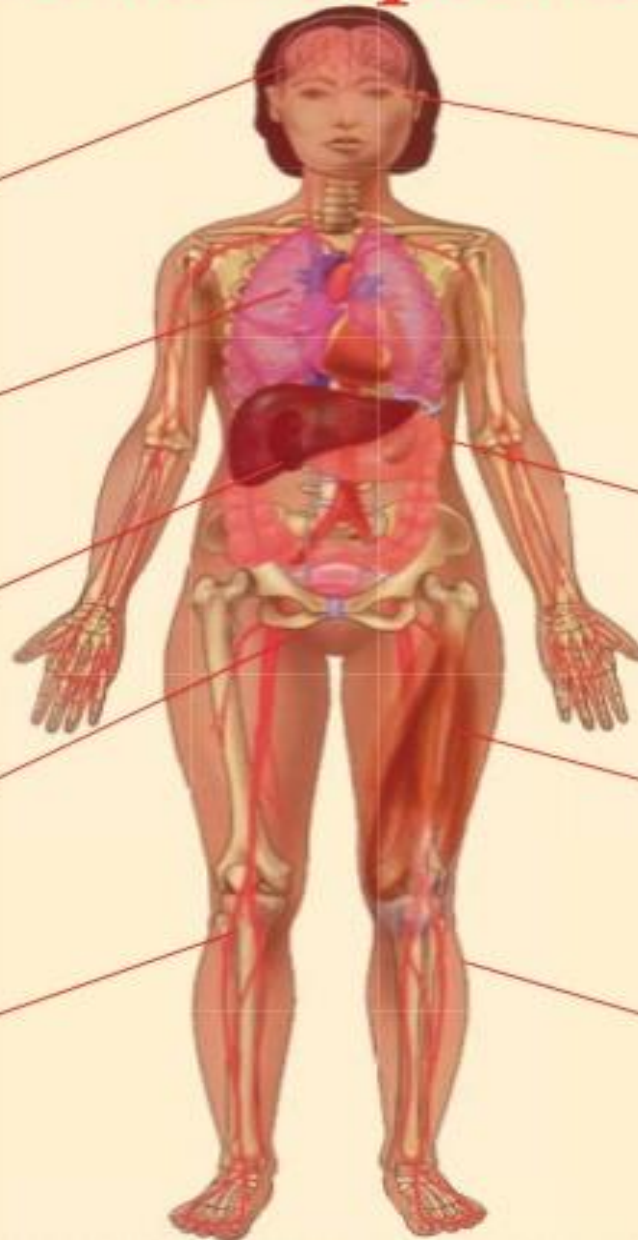
Pregnancy Complications, Miscarriages, Menstrual Cycle Irregularities

Blood

Anemia, Thrombocytopenia, Leukopenia, Thrombosis, Circulating Autoantibodies and Immune Complexes

Skin

Butterfly Rash, Cutaneous Lesions, Photosensitivity, Alopecia, Vasculitis, Raynaud's Phenomenon



Depression and SLE

- It has been reported that there were 2 times higher prevalence of depression in SLE patients compared to the general population.
- Approximately one-third of all people with lupus experience depression and anxiety.

Bogdanovic G, Stojanovich L, Djokovic A, Stanisavljevic N. Physical Activity Program Is Helpful for Improving Quality of Life in Patients with Systemic Lupus Erythematosus. *Tohoku J Exp Med.* 2015;237(3):193–9.

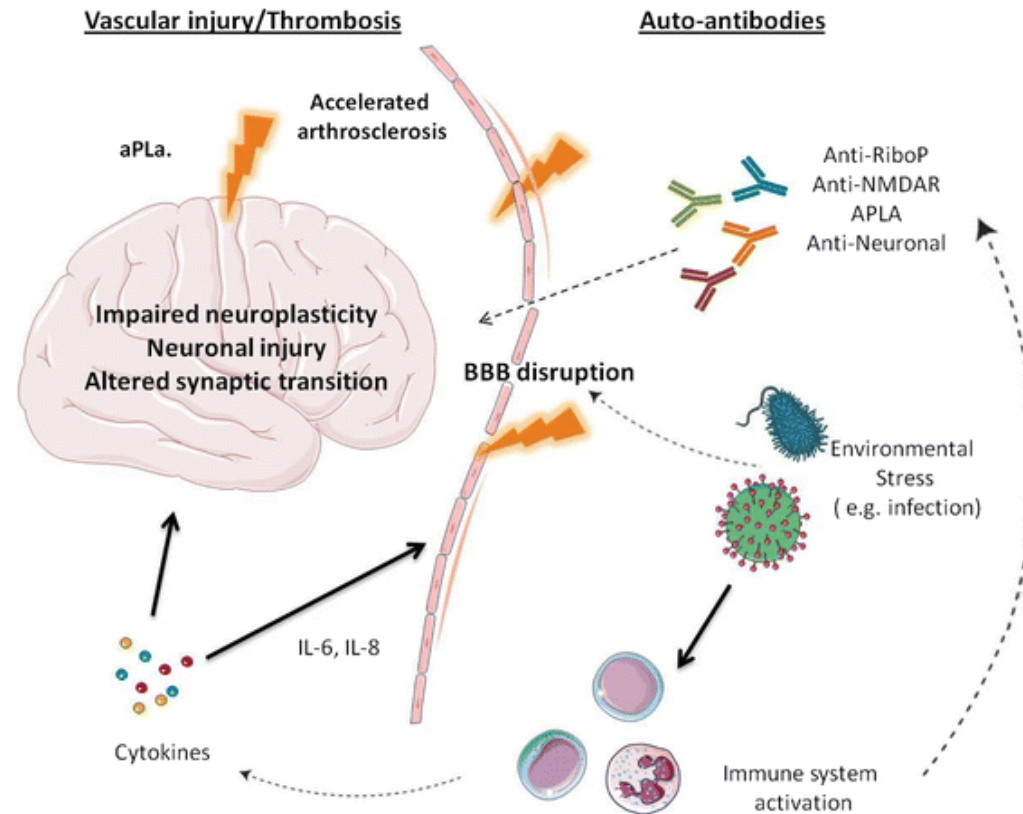
Depression and SLE

- There is evidence that youth with SLE have disproportionately higher rates of suicidal ideation compared to healthy controls with reported rates of suicidal ideation ranging between 14-34%

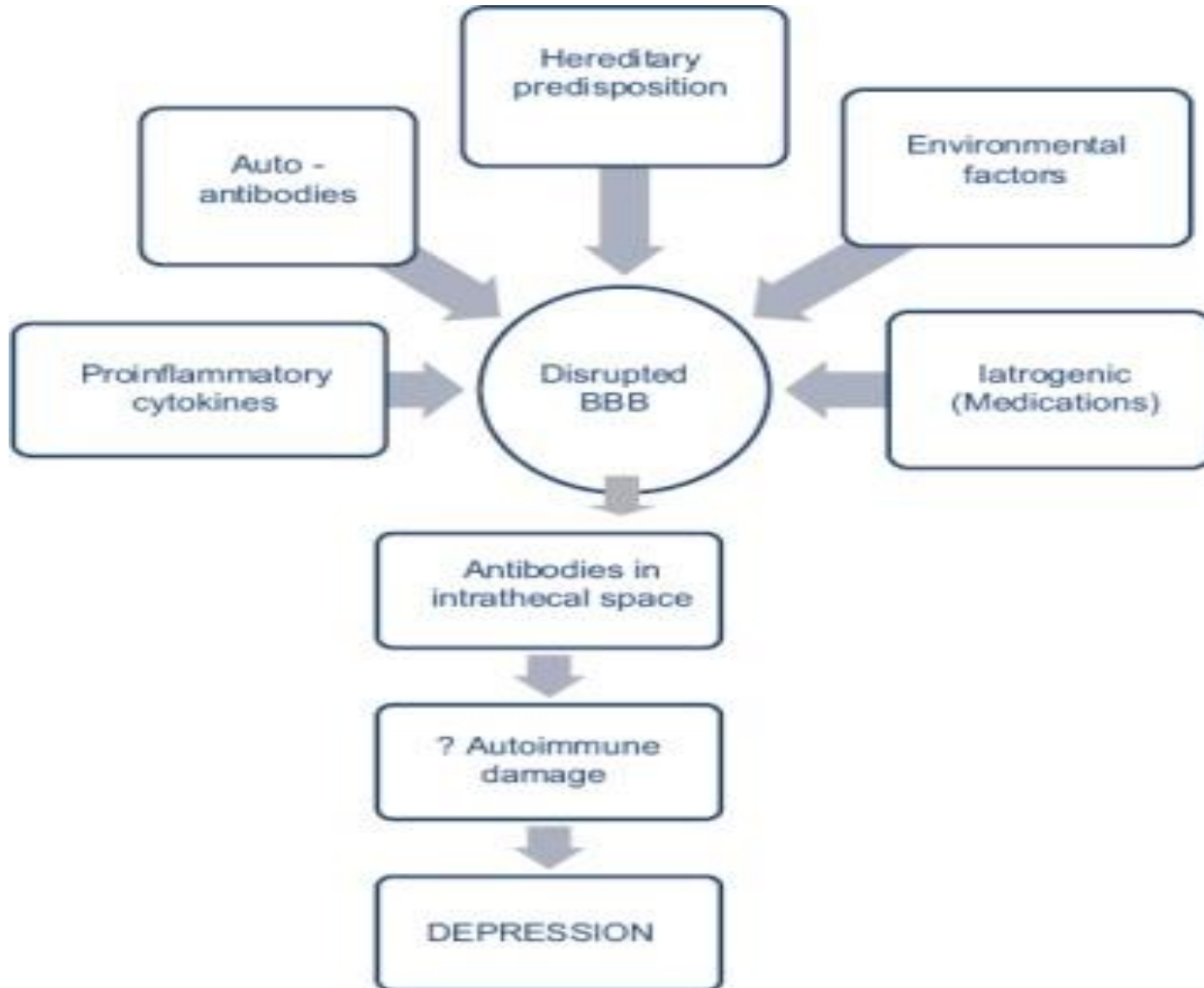
Knight A, Weiss P, Morales K, Geredes M, Gustein A, Vickery M, et al. Depression and anxiety and their association with healthcare utilization in pediatric lupus and mixed connective tissue disease patients: a cross-sectional study. *Pediatr Rheumatol Online J.* 2014;12:42.

Etiology

- Organic: autoantibody mediated vascular or neuronal injury seems to play a major role



Etiology



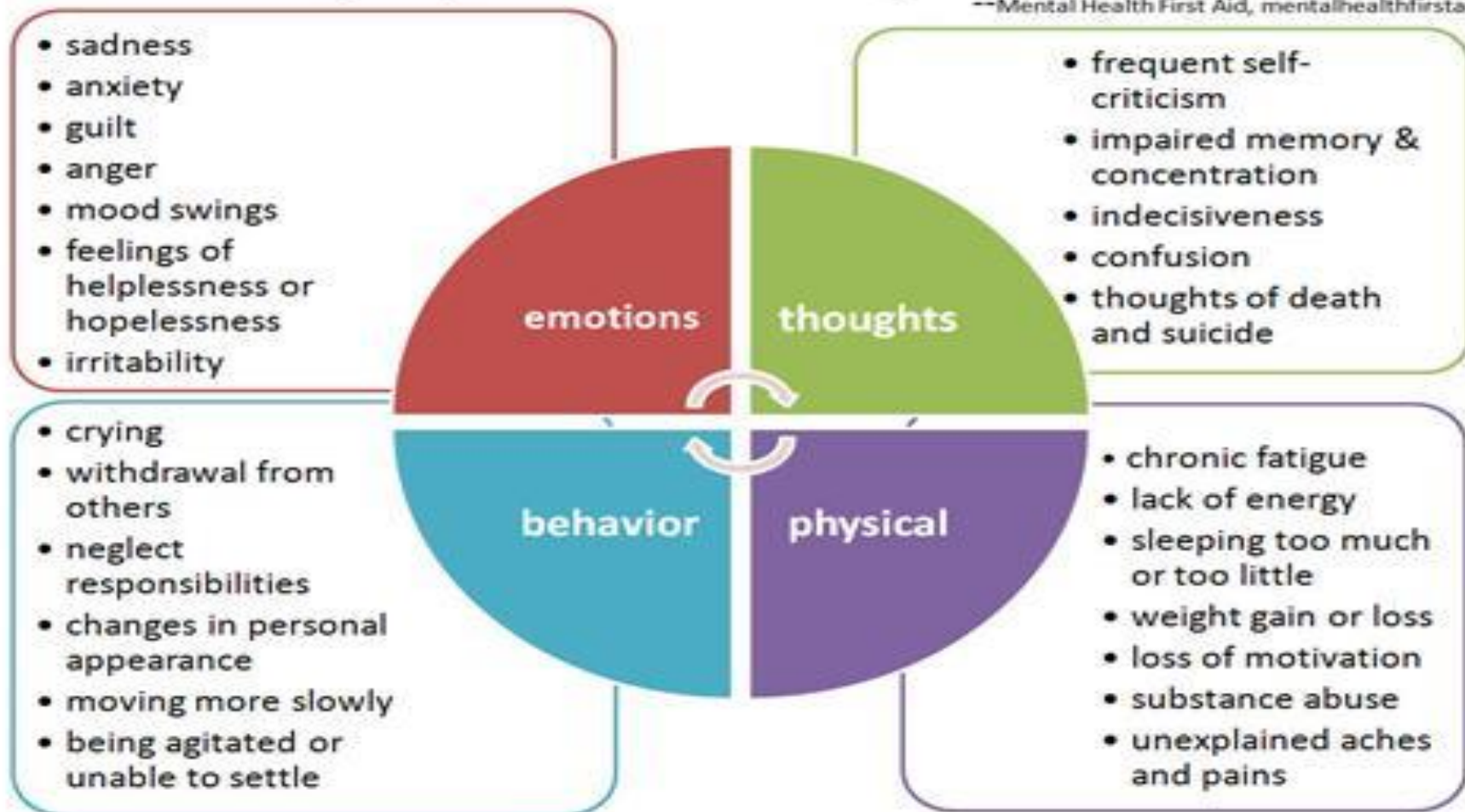
Predictors of depression

- Appearance concerns.
- Inadequate pain/disease control.
- Work and activity limitations.
- Social isolation.
- Uncertainty about the future.
- Difficulty with family relationships.



Symptoms of Depression

--Mental Health First Aid, mentalhealthfirstaid.org



Diagnosis

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered
by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

PHQ-9 Interpretation

Total Score	Depression Severity
0-4	None
5-9	Mild
10-14	Moderate
15-19	Moderately Severe
20-27	Severe

GAD-7

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total Score _____ = Add Columns _____ + _____ + _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult
at all

Somewhat
difficult

Very
difficult

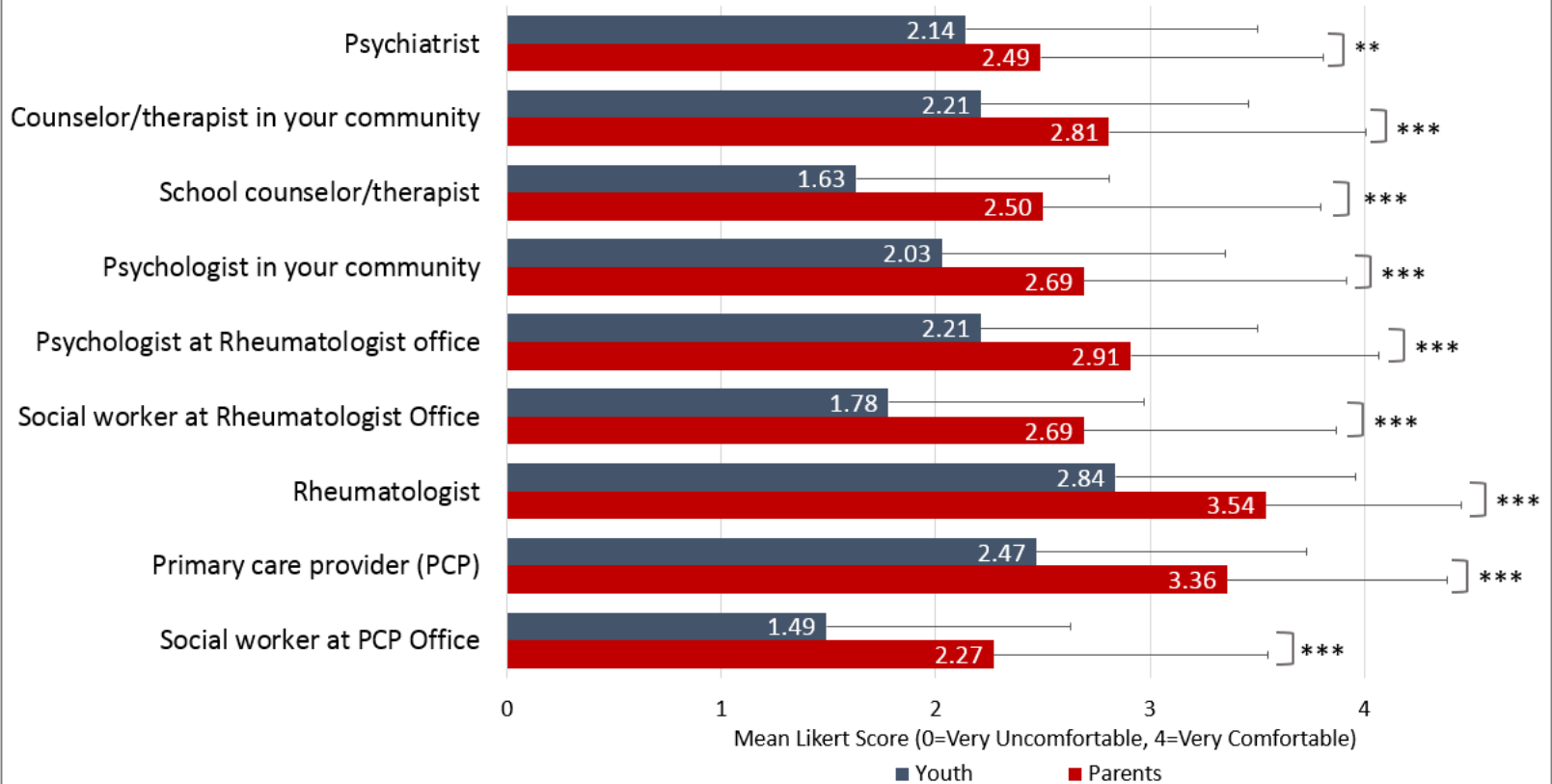
Extremely
difficult

GAD 7 interpretation

Total Score	Interpretation
≥ 10	Probable diagnosis of GAD; confirm by further evaluation
5	Mild anxiety
10	Moderate anxiety
15	Severe anxiety

Diagnosis

Figure 2. Comparison of Likert Scale Responses for Level of Comfort with Mental Health Providers Among Youth and their Parents



Barriers for Mental Health Screening Perceived by Pediatric Rheumatologists

- Limited staff resources to screen.
- Limited time/ space during the encounter.
- Limited staff resources to follow up results of screening.
- Lack of institutional support.
- Provider lack of knowledge about mental health.
- Patient willingness to be screened.
- Parent willingness to have child screened.

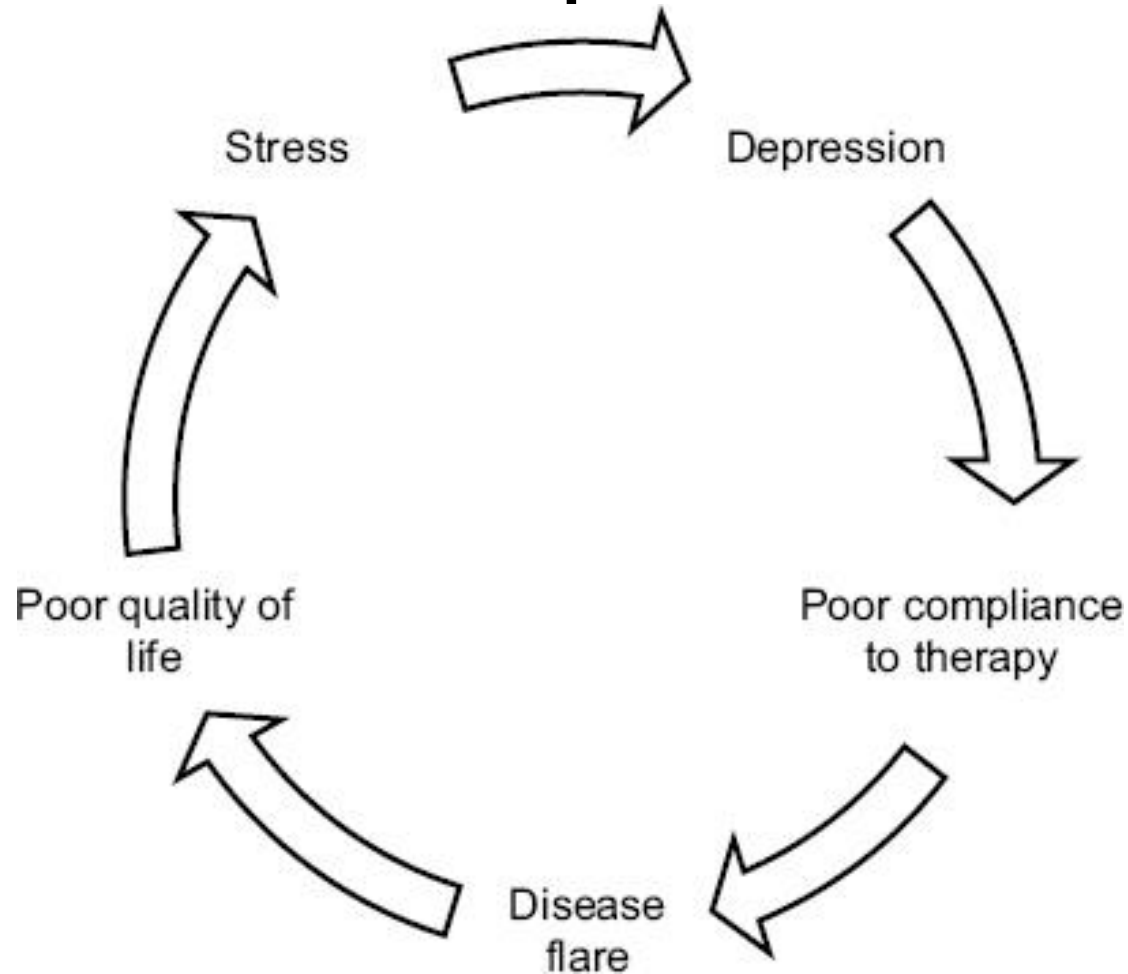
(Knight, 2016)

Up to 75 % of symptomatic patient with SLE had not had mental health evaluation

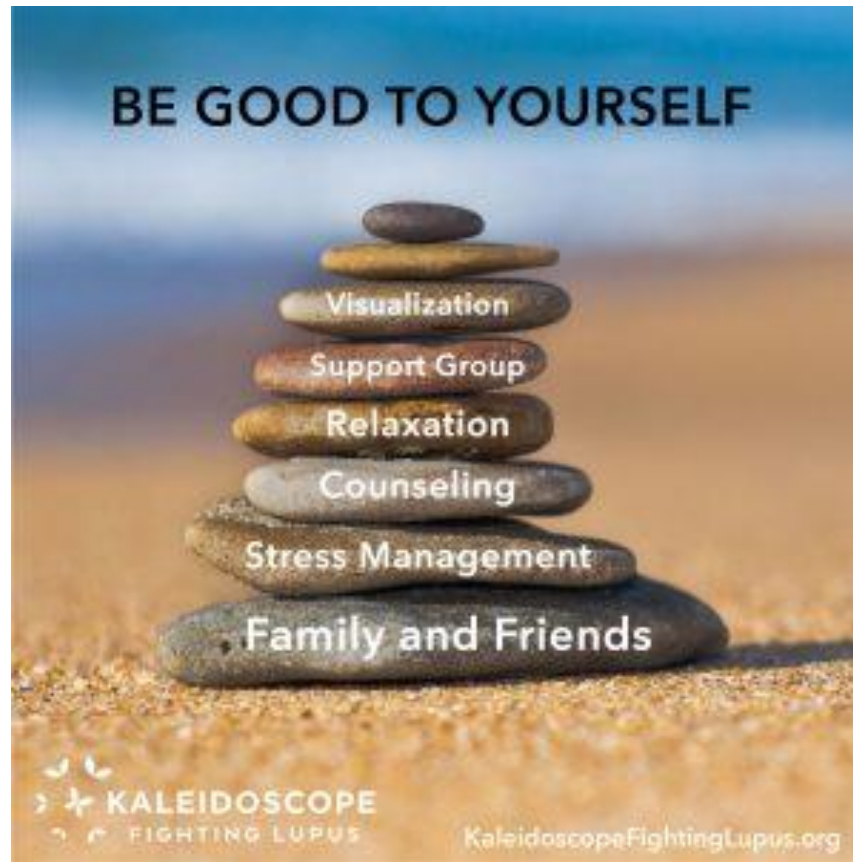
Complications

- Increased incidence of cardiovascular diseases.
- Myocardial infarction.
- Suicidal ideation.
- Physical disability.
- Decreased quality of life.
- Higher risk of premature mortality .
- Poorer disease control.

Relation between disease stress and depression



How do you combat a lupus depression?



Stages of grief with a diagnosis

- **Aim for Acceptance of Your Lupus Diagnosis**

Stage 1 – Denial and isolation:

Stage 2 – Anger “Why me?”

Stage 3 – Bargaining

Stage 4 – Depression

Stage 5 – Acceptance

Stage 1 – Denial and isolation:

- No, not me!
- This can't be happening to me.
- A mistake has been made in the diagnosis.
- Is a type of shock absorber.
- Denial lets us cope with only what we can handle.

Stage 2 – Anger “Why me?”

- Feelings of anger, rage, jealousy and hatred.
- The person's anger is directed outward. It can extend from the immediate family, to medical professionals, to friends as well as to God.
- It is important to remember that underneath the anger is pain.

Stage 3 – Bargaining

- Patients may bargain about things like pain, whether physical or emotional.
- Guilt comes along with bargaining. People often go down the path of "What if.." or "If I only...", finding fault in themselves and things they have done.

Stage 4 –Depression

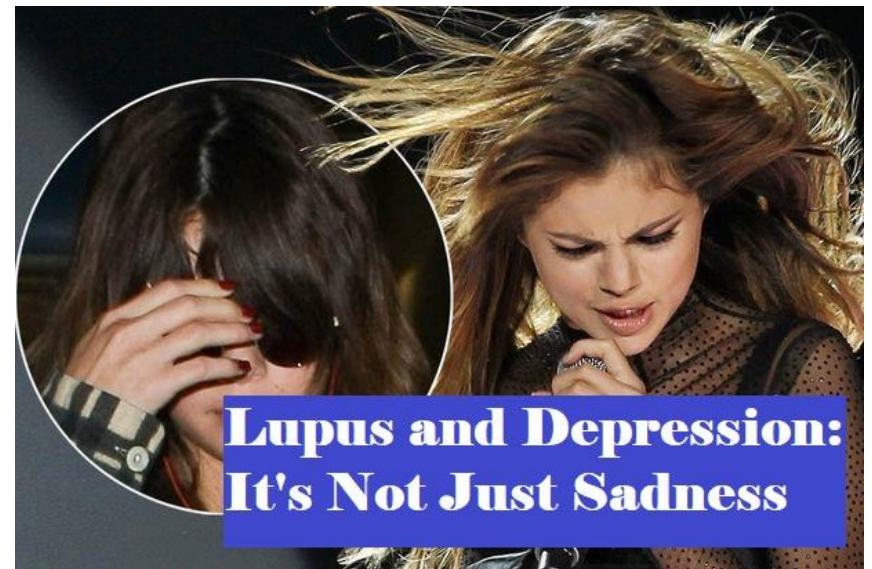
- Depression replaces the anger and the attempts at bargaining.
- Does not advise trying to cheer up or calm the individual steeped in depression.
- It is necessary to support the individual with compassion and understanding

Stage 5 – Acceptance

- It is about accepting the new reality.
- In this stage the patient ceases his or her fight against fate/diagnosis.

Talk With Your Doctor About Depression and Lupus

- Your doctor can assess, diagnose, and help you decide what kind of treatment is best



Coping Strategies

- *Trust in Divine Help*
- *Trust in Medical Help*
- *Conscious Way of Living*
- *Positive Attitudes. Positive self-talk*
- *Distraction*
- *Relaxation*
- *Seeking for social support*

Keep Self-Talk Positive, Avoid Negative Self-Talk

- “What you tell yourself is more important than what others say about you” Grusd.
- List the people and things in your life for which you are grateful.
- Replace negative, self-defeating inner language with truthful, productive thoughts, such as: “I feel lousy, but I have many blessings
- Use imagery (thinking about positive experiences you have had)

Surround Yourself With Supportive People

- It's important to surround yourself with positive people who are willing to be supportive -- even if this means making some new friends
- **LupusConnect** 24/7 Access to support and community
- Lupus support groups in Indiana



Surround Yourself With Supportive People

- **Online**

Monday, October 29, 7:00-8:00 PM

[Process for registering](#)

Facilitators: Kayla Lockwood and Samantha Walker

Email: lupusinonline@gmail.com

Surround Yourself With Supportive People

- *For more information on support groups, visit [Find Help](#) or for questions regarding any of our monthly meetings, please call 800.948.8806 or send an email to [Debbie Campbell](#).*

Find ways to reduce pain

- Yoga
- Tai Chi
- Pilates
- Acupuncture
- Biofeedback
- Meditation
- Chiropractic care
- Exercise




NEW LOCATION

LUPUS™
FOUNDATION OF AMERICA
INDIANA CHAPTER

**LFA, INDIANA CHAPTER PRESENTS:
TRANQUIL TUESDAYS**

GENTLE YOGA
on the 2nd Tuesday
of each month; 6:30-7:30 pm


Classes are seated/chair supported; attendees wanting to add more intensity are welcome to bring a mat to do exercises on the floor.



MINDFUL MEDITATION
on the 3rd Tuesday
of each month; 6:30-7:30 pm



TAI CHI
on the 4th Tuesday
of each month; 6:30-7:30 pm



All Soul's Unitarian Church, 5805 E. 56th Street, Indianapolis – Classroom #1
Cost is free for people with lupus and their caregiver/support person but registration for first class is required.
For more information and to register, please visit lupusindiana.org

Natural therapies

- **Acupressure**
- **Hot and cold therapy**
- **Massage therapy**
- **Mind-body therapies**



Improve your sleep habits

- Get seven to eight hours of sleep in a 24-hour period.
- Do aerobic exercise every day, such as brisk walking—or whatever you can manage.
- Avoid caffeine, nicotine, and alcohol several hours before bedtime.
- Establish a regular relaxing bedtime routine

Improve your sleep habits

- Know which medications keep you from sleeping and take those early in the day.
- Have a good mattress, comfortable bed linens, the right room temperature, and the right amount of darkness.
- Limiting daytime naps to 30 minutes.

Discover the values of volunteerism

- Volunteerism can provide real emotional benefits. Helping with a charitable cause that is meaningful to you can create social, supportive connections. Helping others can have a positive impact on your sense of well-being



VolunteerMatch

Strive to accept the new “you.”

- Pace yourself, and don't feel badly about delegating some of your responsibilities.
- Ask for help, and accept help graciously.
- Focus on what you have and what you can do, rather than on what you don't have and can't do.

Negative coping strategies

- Negative self-talk
- **Negative daily mood** and more daily **stressful events** significantly predicted increased reports of **fatigue, stiffness, pain** and **cutting back on daily activities**.

Negative coping strategies

- Lack of social support network
- Emotion-based focusing (when patients focus on the negative aspects of the symptoms and avoiding active coping while internalizing negative feelings).

Negative coping strategies

- Rumination is the focused attention on the symptoms of one's distress, and on its possible causes and consequences, as opposed to its solutions.
- Catastrophizing is an irrational thought believing that something is far worse than it actually is.

Psychological interventions

- Antidepressant medications
- Anti-anxiety medications
- Psychotherapy: can help you learn to understand your feelings, your illness, and your relationships, and to cope more effectively with stress
- Cognitive behavioral therapy

Cognitive Behavioral Therapy

- The most successful psychological interventions for improving pain in patients with chronic diseases.
- Incorporate normalization of the patient's experience through education regarding the condition and its impact, training in specific strategies, managing disease-related and other stressors, providing guidance on developing and implementing a long-term plan for self-managing the condition.

Things to work on

- More disease-specific knowledge.
- Self-management strategies .
- Meaningful social support .



Your first day at a new job can be quite stressful and it can be difficult to remember to take everything you may need. Here is a list of a few items:

Things to work on

- SLE may limit some of the things you can do, but **it doesn't have to control your life** **Keep a positive attitude!!!**
- **Don't dwell.** How often do you think about your symptoms? The amount of time you spend thinking about your symptoms has a lot to do with how much discomfort you feel. **Try to focus your energy on how to ease your symptoms**

Things to work on

- **Think about pain differently.** Think of pain as your body's message to do something different. For example, if your pain is worse after sitting for a period of time, your body may be telling you to get up and move around.

Things to work on

- **Shift your focus.** One way to take your mind off your symptoms is to focus on something else, like an enjoyable activity. Doing things that make you laugh, listening to your favorite music, talking to a friend.
- This can help your body release feel-good chemicals that will ease your symptoms.

LIVING LIFE
WITH
LUPUS

Never Give Up!

Lupus And Me

Lupus And Me

Facebook.com/lupusandme

Cure Lupus