



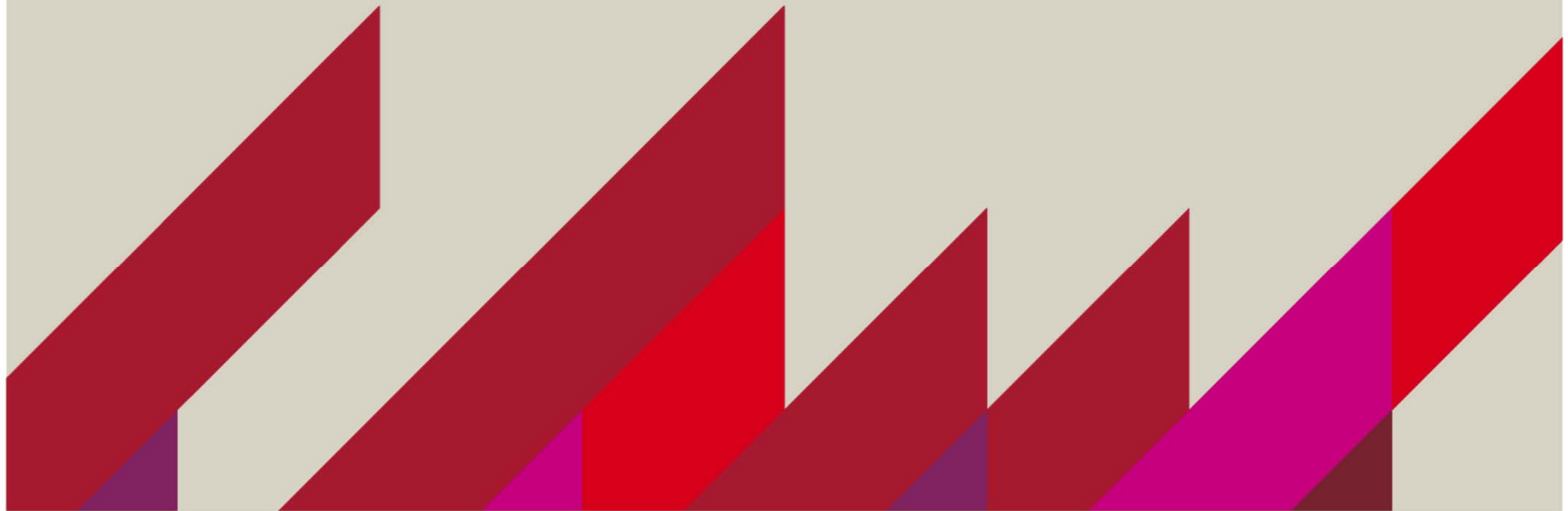
MACQUARIE
University

Why should physicians care about emotional health?

RON RAPEE
CENTRE FOR EMOTIONAL HEALTH



Emotional disorders play a central role in presentation of physical disease



Emotional disorders: The facts

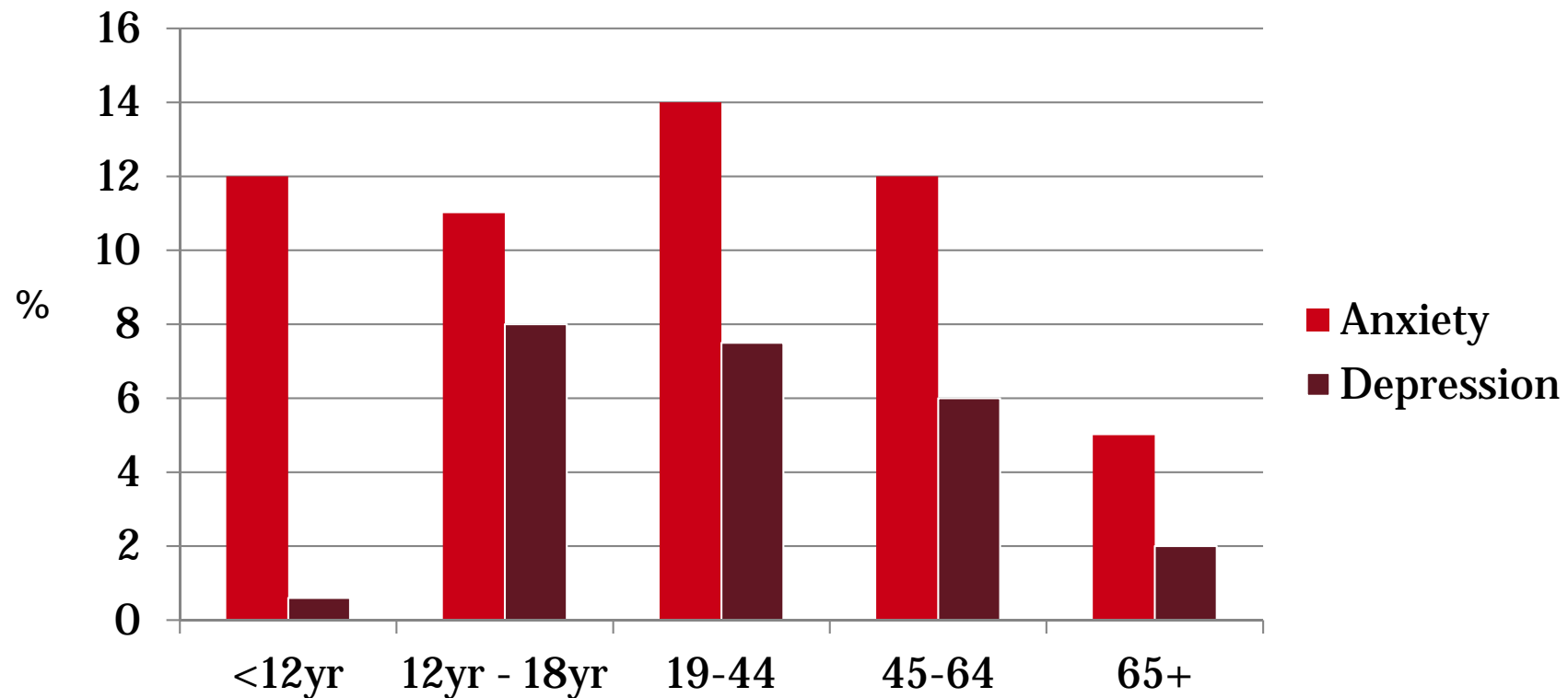


- Anxiety disorders
- Mood disorders
- Commonly comorbid

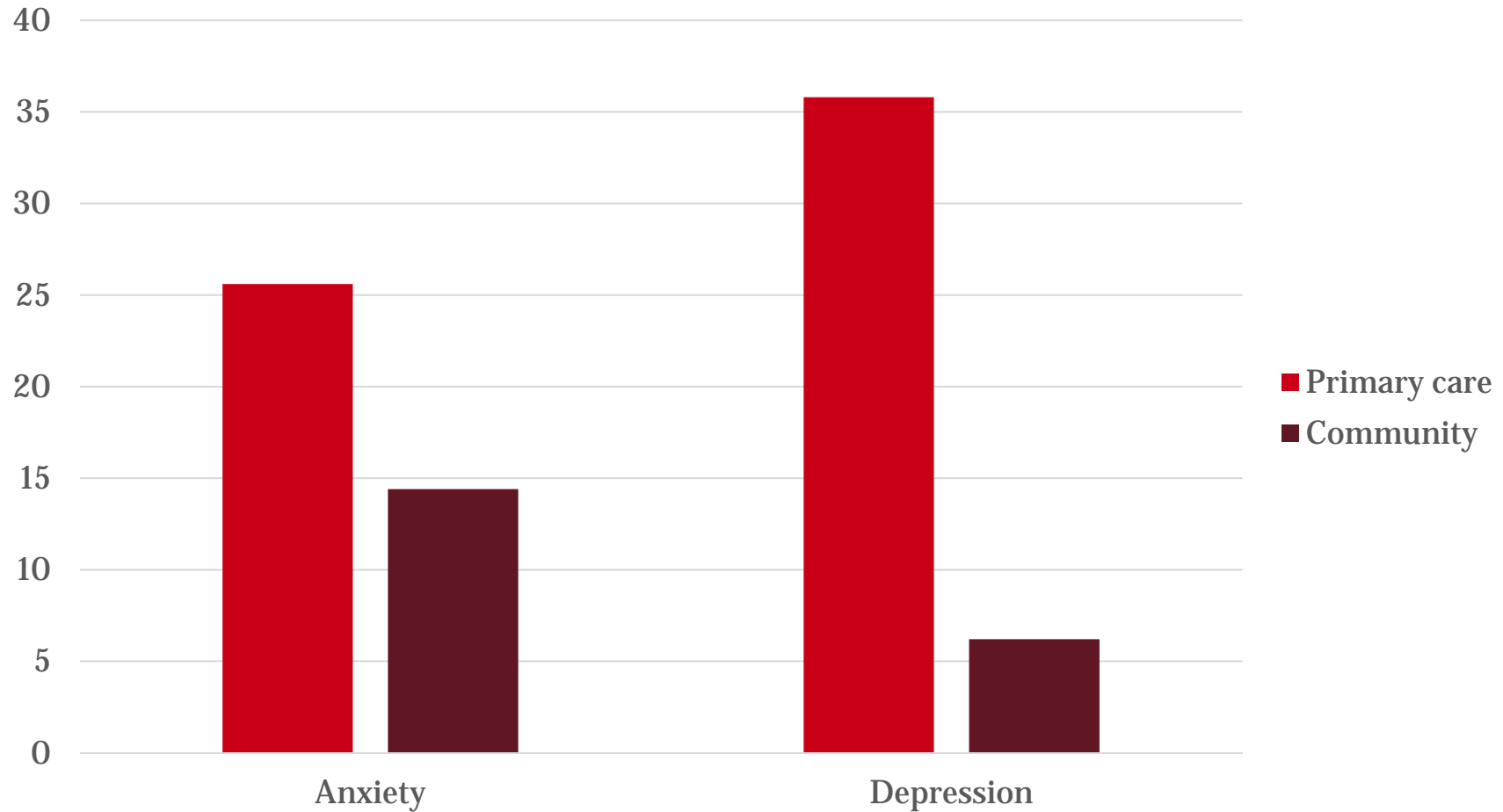
- The most prevalent mental disorders
- Greatest burden of disease
- Early onset and chronic
- Have marked impact at subclinical levels

Prevalence of anxiety disorders

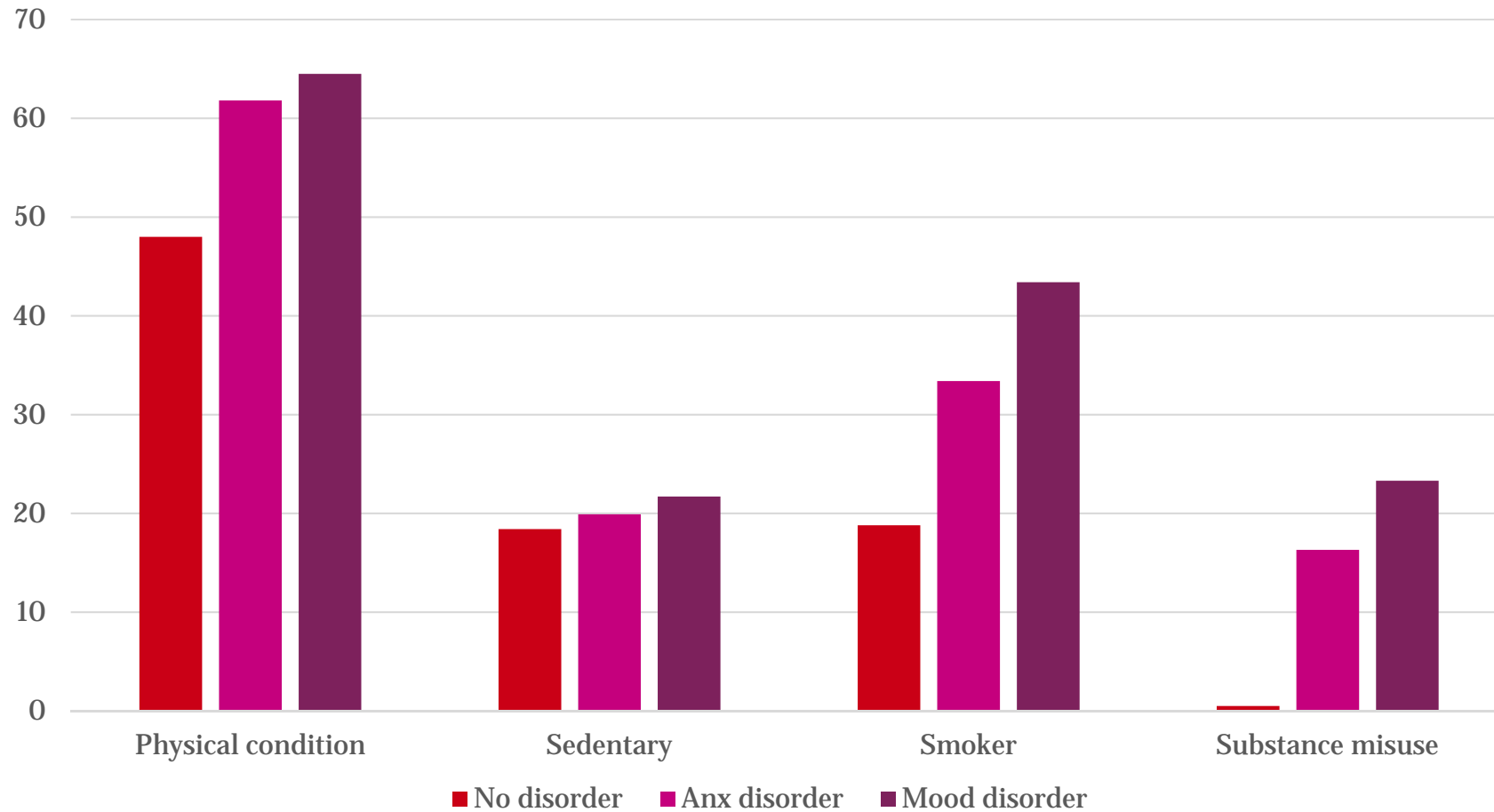
Aust. Nat. Survey of Mental Health (2007)



Prevalence of emotional disorders in primary care - Roca et al, 2009



Proportion of population with physical disease and risks – NSMHW 2007

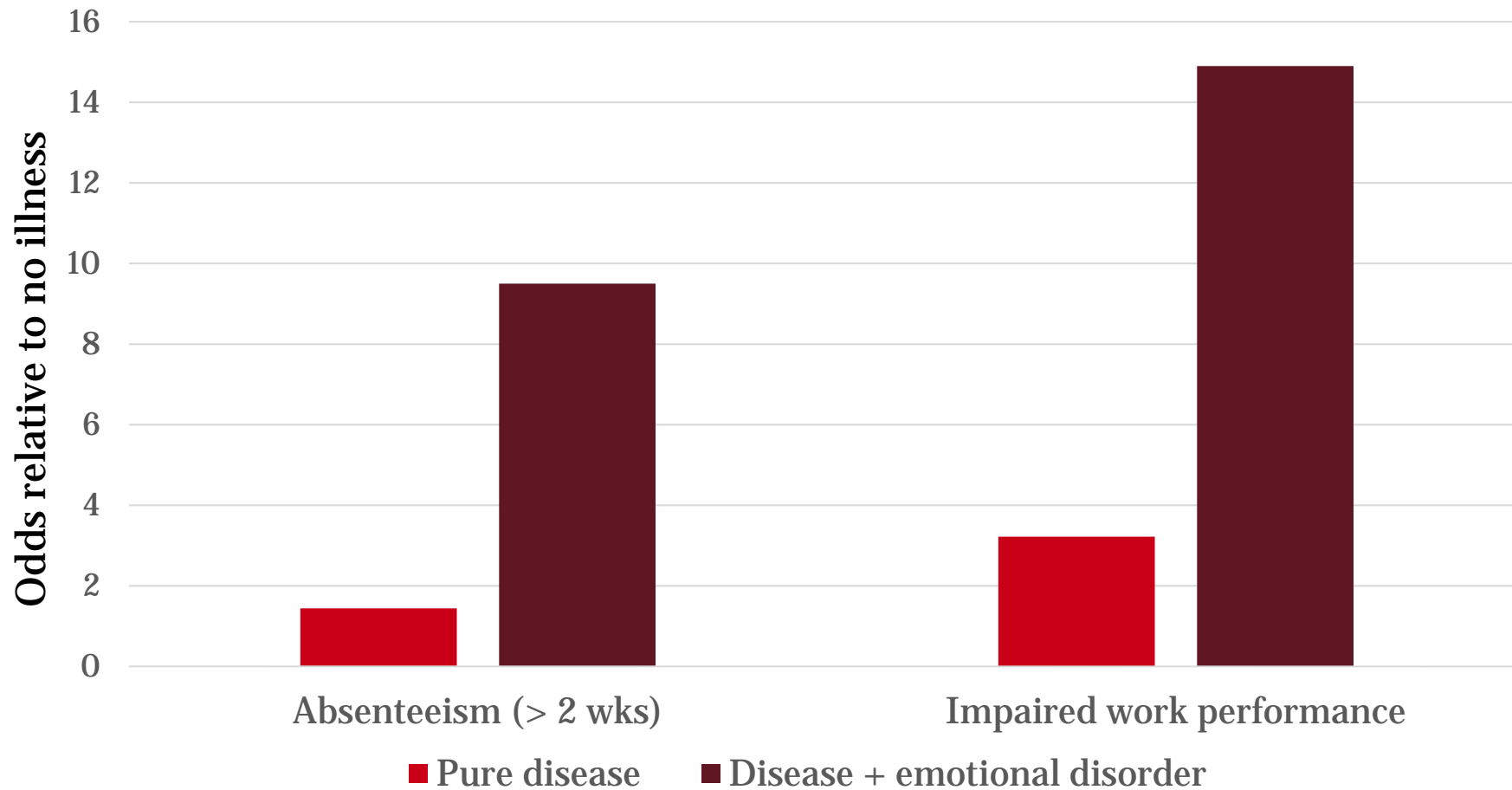


Impact of emotional disorder on disease - Katon et al. 2006



- Somatic sx's often correlate more with emotional disorders than with objective markers
- Systematic review 31 studies ~ 17,000 patients
- Comorbid medical and emotional – reported more medical sx for same severity of disease
- Tx of depression – decrease in medical sx's without change in physiological measures

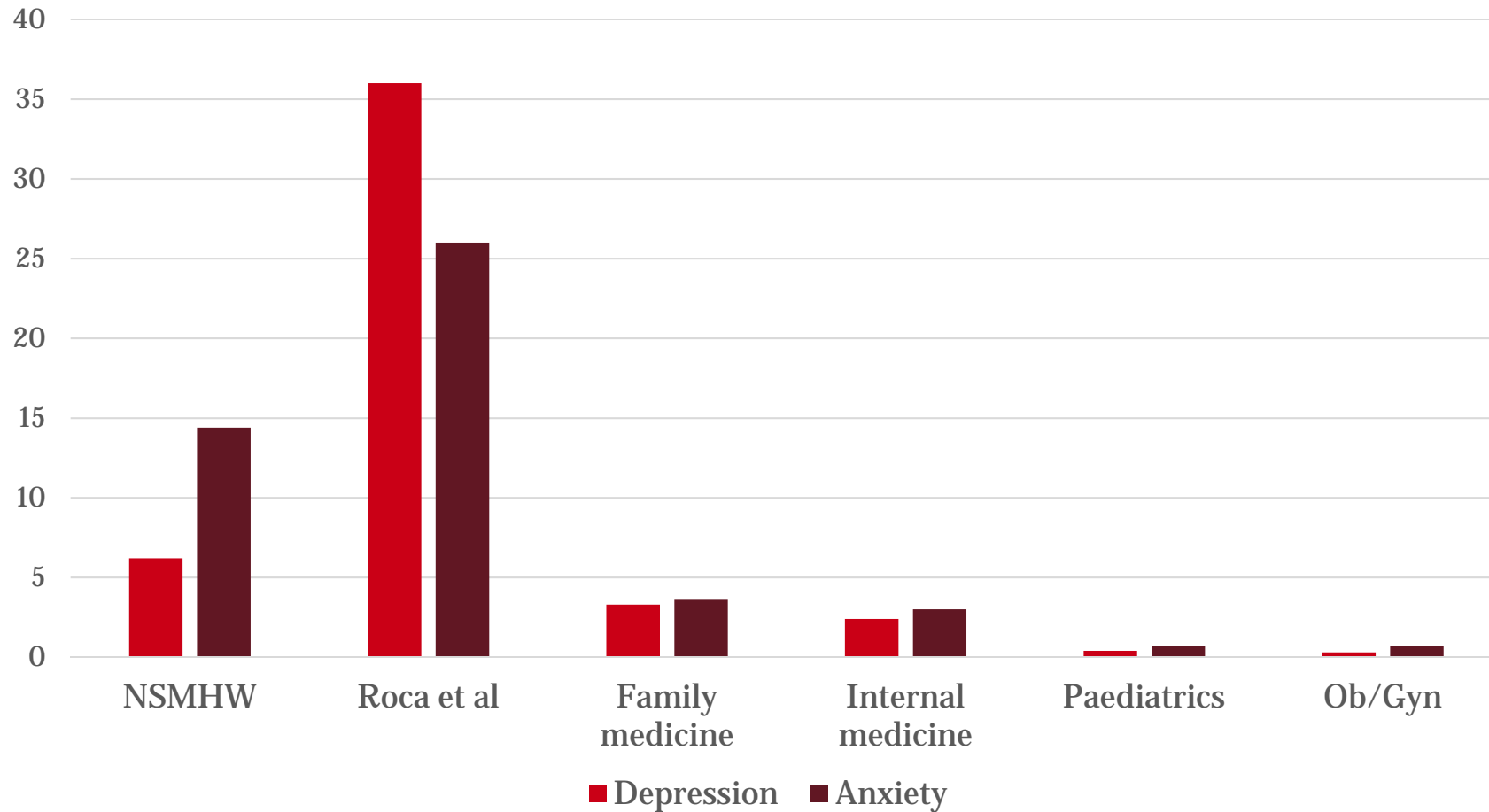
Work impact of anxiety, depression, and chronic disease – Bokma et al., 2017



How does emotional disorder impact physical disease?

- Direct physiological change
 - Physiological components of emotion – magnified pathology
- Biased information processing
 - Increased attention to somatic symptoms
 - Misinterpretation of benign symptoms
 - More negative recall of symptoms
- Poorer adherence to self care
 - Less attention to doctor's instructions
 - Less engagement in diet, exercise
 - Poorer medication adherence

How good are doctors at diagnosing emotional disorders? – Gates et al., 2016



By recognising emotional disorders in your patients



- Deal with a major source of symptoms and distress
- Identify a central source of life impairment
- Prevent potential barriers to treatment and improvement
- Provide a potentially modifiable target for treatment

Emotional disorders are treatable

- Treatment with SSRI or CBT
- Full remission of depression and anxiety disorders in youth and adult populations ~ 40-70%

Further Information and Resources

MACQUARIE UNIVERSITY CENTRE FOR EMOTIONAL HEALTH CLINIC (CEHC)

www.mq.edu.au/CEH

02/ 9850-8711

