



Mental Health and Lupus

Lupus Foundation of
America, Indiana Chapter
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Agenda

- Research Updates on:
 - Pain
 - Depression
 - Vitamin D
- Mental Health Issues with Lupus
 - Lupus Fog
 - Depression
- Buyer Beware



Research Updates on Lupus and Mental Health

Self-Efficacy and Pain Catastrophizing

- Somers TJ, et al. Self-Efficacy and Pain Catastrophizing in Systemic Lupus Erythematosus: Relationship to Pain, Stiffness, Fatigue, and Psychological Distress. *Arthritis Care & Research* 2012;(64)9;1334-1340.
- Analyses revealed that self-efficacy for pain control and pain catastrophizing were associated with the patients' physical symptom reports and psychological distress
- Pain coping variables can be modified using psychological interventions, and that such treatment-related changes in pain cognitions are related to improved patient outcomes

Predictors of Incident Depression

- Huang X, et al. Predictors of incident depression in systemic lupus erythematosus. *J Rheumatol*. 2014;41(9):1823-33.
 - Studied 1609 SLE patients who had no previous history of depression
 - These variables remained as independent predictors of incident depression: recent SLE diagnosis, non-Asian ethnicity, disability, cutaneous activity, longitudinal myelitis, and current prednisone use of 20 mg/day or higher.

Pain and Depression Predict Fatigue/Energy in Lupus

- Moldivan I, et al. Pain and depression predict self-reported fatigue/energy in lupus. *Lupus* 2013 ;22(7):684-9. Pain and depression predict self-reported fatigue/energy in lupus.
- Both pain and depression were found to be strong predictors of fatigue

Vitamin D and Lupus

- Gendelman O, et al. A randomized double-blind placebo-controlled study adding high dose vitamin D to analgesic regimens in patients with musculoskeletal pain. [Lupus](#). 2015;24(4-5):483-9.
 - The group receiving vitamin D achieved a statistically significant larger decline of their VAS measurement throughout the study compared with the placebo group.
 - The need for analgesic 'rescue therapy' was significantly lower among the vitamin D-treated group.



Mental Health Issues with Lupus

Lupus Fog

- Lupus fog is a general name for the cognitive impairments that often appear with lupus, including concentration and memory problems, confusion, and difficulty expressing yourself
- These cognitive problems are often worse during flares
- Lupus fog doesn't usually get progressively worse

Lupus Fog and How to Help Yourself

- Putting off more complex tasks when you are feeling better
- Simplifying your routines
- Avoid over-stimulation, like being around too much noise or too many people, watching TV before you fall asleep
- Play word games or puzzles to strengthen your cognition and fog
- Get enough SLEEP

Lupus Fog and How to Help Yourself(con'd)

- Pacing yourself and ask for help
- Avoid multi-tasking and slow down
- Be kind to yourself!!



Symptoms of Depression

- DSM-IV Criteria for Major Depressive Disorder (MDD)
 - Depressed mood or a loss of interest or pleasure in daily activities for more than two weeks.
 - Mood represents a change from the person's baseline.
 - Impaired function: social, occupational, educational.
 - Specific symptoms, at least 5 of these 9, present nearly every day:

Depression Symptoms

- Depressed mood or irritable most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).
- Decreased interest or pleasure in most activities, most of each day
- Significant weight change (5%) or change in appetite
- Change in sleep: Insomnia or hypersomnia

Depression Symptoms (con'd)

- Change in activity: Psychomotor agitation or retardation
- Fatigue or loss of energy
- Guilt/worthlessness: Feelings of worthlessness or excessive or inappropriate guilt
- Concentration: diminished ability to think or concentrate, or more indecisiveness
- Suicidality: Thoughts of death or suicide, or has suicide plan

Dealing with Depression

- Concentrate on taking care of yourself physically and emotionally
- Recognize, respect and accept your limitations from your Lupus
 - Stop focusing on what you can't do, but rather what you can do
- Talk to your Dr about your depression and take the medication if your Dr thinks you need to take it



Some Facts About Depression

- Women are twice as likely to suffer from depression than men.
- Continuous exposure to violence, neglect, abuse, or poverty may make people who are already susceptible to depression all the more vulnerable to the illness
- Depression can be genetic and runs in many families
- Depression and Generalized Anxiety usually run together

Some Facts About Depression (con'd)

- On average, people with depression will have 4-5 episodes of depression in their life time
 - The key is to continue to take the medication
- Many other disease states have co-morbid depression; we are not alone
 - Heart attacks, RA, asthma, cancer, eating disorders, post partum



Changing the Way You Think

- When we are depressed we are engaged in a great deal of negative self-talk
- Our reality becomes distorted and twisted; it's called cognitive distortion
 - False beliefs-I'm no good, no one loves me, I'm worthless, I'll never get better, etc
 - Making mountains out of mole hills
- Confide in a close friend or relative and have them validate what is real and what is not real and what is true and not true

Changing the Way You Think (con'd)

- Improve your self-talk by confronting your self and saying, “that’s not true, that’s my depression talking”
- The longer you let this negative self-talk go on, it may turn into a reality because people don’t want to be around you
- Check your thoughts on a regular basis and correct your thought process

And Then There's **ANGER**



Types of Anger

- Rage
 - The most intense anger you can experience
 - It results in a visual explosion of some kind
 - It can be a destructive release of intense physical energy that has been pent up for a long period of time
- Resentment
 - A growing, smoldering feeling of anger directed at a person or thing that is often bottled up for a long time

Types of Anger (con'd)

- Indignation
 - More appropriate, positive type of release of anger; usually it is situational
 - The release is controlled

The key is to learn to work through your anger and how to release it appropriately!

Good or Bad Anger?

- Anger can be an indication that something is wrong and that it's affecting us negatively (our body is talking to us)
- Deal with your anger by talking, not biting!
- Discuss it with someone else to help you
- Rehearse your discussion ahead of time
- If it's a long, buried anger, you may need a therapist to help you work through it
- It may be the sign that your depression is getting better

Good or Bad Anger?

- You may have been told that anger isn't OK to do, or not "lady like"
- Anger can be destructive if you don't deal with it and the root cause
- Anger can cause high blood pressure, headaches, grinding your teeth etc
- It can make your lupus worse!
- It could be the root of your depression



ANGER

FEAR

HURT

SAD

SHAME



Buyer Beware

BUYER BEWARE/My Pet Peev

- Miracle cures for lupus of any kind
- Lupus diets that cure lupus
- Devices that cure lupus
- Expensive lupus vitamins



Q & A

