THE RELATIONSHIP BETWEEN MENTAL HEALTH & PHYSICAL HEALTH

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Objectives

• This presentation will help participants better understand the link between mind, behavior and body. Understanding this link is an important step in identifying strategies to help agricultural workers who are living with chronic physical conditions and who also present with mental health conditions – such as depression and anxiety.
Introduction

• Mental health & physical health have a bi-direction and complex relationship

Mental Health  \[\leftrightarrow\]  Physical Health

• The World Health Organization (WHO) defines:

Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

“There is no health without mental health.”
The association between mental and physical health are:

1. Poor mental health is a risk factor for chronic physical conditions
2. People with serious mental health conditions are at high risk of experiencing chronic physical conditions
3. People with chronic physical conditions are at risk of developing poor mental health
Chronic Medical Conditions & Associated Mental Health Conditions

DIABETES
• Major Depressive Disorder 2x greater
• Panic Disorder, Generalized Anxiety Disorder, PTSD

ARTHRITE
• Mood Disorders
• Anxiety Disorders

HEART DISEASE
• Anxiety and depression
• Phobic anxiety
• Panic Disorder

OBESITY
• Clinical Depression
• Eating Disorders

GASTRO-INTESTINAL
• Anxiety and Depression

CANCER
• Bipolar Disorder
• Schizophrenia

ASTHMA
• Anxiety and Depression
Prevalence of health risks and chronic diseases by depression status

Source: Wisconsin Behavioral Risk Factor Survey
Prevalence of health risks and chronic diseases by serious psychological distress

<table>
<thead>
<tr>
<th>Condition</th>
<th>No SPD</th>
<th>SPD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>18%</td>
<td>36%</td>
</tr>
<tr>
<td>Physical Inactivity</td>
<td>18%</td>
<td>50%</td>
</tr>
<tr>
<td>Obesity</td>
<td>25%</td>
<td>44%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>6%</td>
<td>13%</td>
</tr>
<tr>
<td>Asthma</td>
<td>9%</td>
<td>26%</td>
</tr>
<tr>
<td>CVD</td>
<td>6%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: Wisconsin Behavioral Risk Factor Survey
No Health without Mental Health

ARE YOU DEPRESSED BECAUSE YOU HAVE DIABETES OR IS DIABETES CAUSING YOUR DEPRESSION?

YES!
Stress about Medical Symptoms

- Medical condition can lead to pressures & changes of lifestyle that patient finds unpleasant
- Unplanned & unwanted lifestyle changes can lead to stress
- Patient feels worse than anticipated resulting in acute stress that interferes with physical recovery
Depression Spiral

Stressful situation or event

Physical Symptom
Tired/Fatigued

Physical Symptom
Appetite Change (increase/decrease)

Physical Symptom
Aches & Pains

Behavior Change
Doing Less

Emotions
Sadness

Thoughts
Difficulty Concentrating

DEPRESSED

Depression Spiral
Physical/Mental Health Impact

The direct and indirect effects between physical and mental health.21*

Explanatory variables

- Social factors
  - Social interactions
  - Loneliness
  - Social isolation

- Socio-Economic Status
  - Income/wage
  - Job conditions
  - Retirement

- Life style choices
  - Physical activity
  - Diet
  - Smoking
  - Drinking

- Biological factors
  - Stress
  - Cognitive skills

Mediator variables

Outcome variables

Physical health

Mental health

Direct Effect

SOCIAL FACTORS IMPACTING MIGRANT FARM-WORKERS

*Adapted from World Health Organization Commission on Social Determinants of Health (CDSH) report (2008:43)
No Health without Mental Health

Diabetes

- Abnormal levels of norepinephrine and serotonin
- High levels of cortisol (impairs insulin sensitivity)
- Loss of energy
- Nervousness/anxiety
- Suicidal thoughts
- Change in appetite

Depression

- Stress of daily diabetes management (primarily, daily difficulty of keeping blood sugar levels under control)
- Occasional tension between patient and doctor
- Fatigue/exhaustion exercising
- Difficulty making dietary changes
Application to Diabetes

Explanatory variables
- Social factors
  - Social isolation
- Socio-Economic Status
  - Income/wage
  - Job flexibility
  - Food affordability

Mediator variables
- Life style choices
  - Physical inactivity
  - Decreased self-management
  - Poor diet
- Biological factors
  - Stress
  - Cognitive skills

Outcome variables
- Physical health
- Mental health
  - Hypoglycemia
  - Physical Factors: increased heart rate, headaches, hunger, shakiness
  - Mental Health Factors: mood changes, concentration problem
- Depression
- Progression of Diabetes

Direct Effect

No Health without Mental Health

- Risk factors for asthma attacks are embedded in acute negative life events

The experience of an acute negative life event increases risk of subsequent asthma attack by nearly 2-fold.
No Health without Mental Health

Premise: Stress operates by altering the magnitude of the airway inflammatory response that irritants, allergens, and infections bring about in persons with asthma.
Psychosocial Factors & Asthma

- Unexpected nature of asthma attacks can generate anxiety and fear
- Uncertainty of illness
- Risk for learned helplessness & depression
- Emotional reactions (anxiety) play a major role in overutilization of services in asthma treatment
Recommendations

• Improve access to screening and prevention services
  • Assessing emotional & cognitive factors relevant to diabetes: The Diabetes Distress Scale 222

Directions

Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 2 potential problem areas that people with diabetes may experience. Consider the degree to which each of the 2 items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.

Please note that we are asking you to indicate the degree to which each item may be bothering you in your life, NOT whether the item is merely true for you. If you feel that a particular item is not a bother or a problem for you, you would circle “1.” If it is very bothersome to you, you might circle “6.”

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not a Problem</th>
<th>Moderate Problem</th>
<th>Serious Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling overwhelmed by the demands of living with diabetes.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Feeling that I am often failing with my diabetes regimen.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
Recommendations

• Targeted interventions:
  • Priority access to healthy lifestyles services
  • Smoking cessation

• Psycho-social interventions
  • Social support
  • Psychoeducation: debt/financial advice

• Integrated Care:
  • Integrated program in primary care with mental health worker
  • Depression case managers

• Social:
  • Identifying and partnering with social organization to support the patient
**Center Resources**

**HOW TO HELP YOUR CHILD WHEN GRIEVING AN UNEXPECTED DEATH**

**Talk to your child**

In a quiet room, what happened. Your sobbing over the next few days.

Very young children up to 3 years old may not understand death. Help the child understand death. They may need to see a flower, a doll, or a picture. It is important that children will not remember. Ask them to support them.

**Encourage your child to talk**

Encourage your child to talk about death. It is important that children feel safe in their life that they can talk to someone who understands them. Keep your child in communication.

Children may express anger Share your own feelings of sadness. Let them know you feel sad, too. It is okay for a child to express their feelings. Keep talking to them. Children will use their words to express what they are feeling. They will use their words to express what they are feeling.

**How to talk to a child**

Children often worry when adults around them worry. They may have questions about what is happening. Children may feel alone and worried. They may feel confused about what is happening. Children may have questions about what is happening.

**COMMON PS**
- Crying
- Sleeping
- Eating
- Talking
- Walking
- Pouting
- Language changes
- Vision changes
- Seeing things
- Hearing things
- Smell
- Touch
- Pain
- Bruising
- Constipation

**PARENTS, CHILDREN & DIVORCE TIPS**

- Separation of parents or divorce family members. Children can adjust well to changes and learn to deal with stress.
- Set limits on contact.
- Speak clearly to your child.
- Be patient with your child.
- Be positive.
- Be understanding.
- Be supportive.
- Be patient with your child.
- Be understanding.
- Be supportive.
- Be patient with your child.
- Be understanding.
- Be supportive.

**WHAT IS DEPRESSION?**

Everyone feels sad or blue once in a while, but when those sad feelings don't seem to go away or keep coming back, it could be depression. Depression is a common but serious problem that can affect a person's daily life. The good news is that most people who experience depression get better with treatment.

**WHAT ARE THE SIGNS OF DEPRESSION?**

People can experience depression in different ways. Some of the most common signs of depression include the following:
- Sadness
- Loss of interest in activities
- Withdrawal from social situations
- Changes in appetite
- Difficulty sleeping or oversleeping
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Difficulty concentrating
- Physical symptoms such as headaches or stomachaches
- Thoughts of suicide or death

**WHAT CAUSES PEOPLE TO FEEL DEPRESSED?**

There is no single known cause of depression. It is believed that a combination of things play a role in depression, for example, genetics, changes in hormones or in other chemicals in the body, or stress and other problems. The following things can increase the chances of depression:
- Someone in your family having depression
- Toxic stress (e.g. stress over which you do not have control; domestic violence; or experiencing past or present abuse or loss of a loved one)
- Health problems
- Having little or no support from close friends or family

For more information, visit [www.fsustress.org](http://www.fsustress.org)
Contact

FSU Center for Child Stress & Health

[Website Link]
www.fsustress.org

239-658-3162
References


