Plenary III:
There is No Health Without Mental Health
Disclosures

- Alexandra Quittner
  - Investigator-initiated grants: Novartis & Insmed
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- Stuart Elborn
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- Beth Smith
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There Is No Health Without Mental Health

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Premises of Our Plenary

1st Premise: Our well being includes both physical and mental health

Treating the Whole Person
Premises of Our Plenary

2nd Premise: We have reliable, valid tools to measure these symptoms
   – Just like getting your blood pressure checked

3rd Premise: If you have a chronic illness, or if you care for a child with a chronic illness
   – Feelings of depression and anxiety are normal responses to a challenging situation
   – Importantly, these feelings affect our behavior
Impacts of Cystic Fibrosis
Impacts of Cystic Fibrosis

- Clinic Attendance
- Exacerbations
- Lung Function
- BMI
- Quality of Life

Mental Health (Depression)
Chronic Conditions & Mental Health

• Individuals with chronic conditions are at greater risk for symptoms of depression and anxiety\(^1,2\)
  – Parent caregivers are also at elevated risk\(^3\)
• In CF, single center studies have also found elevated rates of depression and anxiety\(^4-6\)
• So the international community decided to assess the prevalence of these symptoms...
  In our patients & parents in 9 countries

2- Moussavi et al. Lancet. 2007;370(9590):851-8
3- Barker & Quittner, J Pediatr 2015 in press
4- Yohannes et al. Respir Care. 2012; 57(4):550-6
5- Moussavi et al. Lancet. 2007; 370(9590):851-8
Funded by CF Foundations in Several Countries

8 EU Countries

45 US Care Centers

TIDES Methods

• Two brief screening measures for depression and anxiety were administered in clinic by a CF Team member

• Background/medical information form completed
  – verified by chart review

6088 patients and 4102 caregivers screened!

TIDES: Prevalence of Depression above the Clinical Cut-Off Score

2 to 3 Times Community Prevalence

TIDES: Prevalence of Anxiety above the Clinical Cut-Off Score

2 to 3 Times Community Prevalence

Concordance of Adolescent-Parent Depression and Anxiety

• For the 1130 parent-adolescent pairs:
  – Adolescents were 4.80 times more likely to be above the cut-off for depression if parent was elevated
  – Adolescents were 3.53 times more likely to be above the cut-off for anxiety if a parent was elevated

*This highlights the importance of screening parents*

Conclusions

• There is a high prevalence of depression and anxiety in people with CF and caregivers
  – 2-3 X the prevalence in the general population
  – Effects on adherence, health care costs, quality of life and health outcomes

• Parents also reported a high prevalence of depression and anxiety
  – the concordance between parent-teen symptoms suggest that we need to screen both patients and caregivers

Thank You
International Committee on Mental Health in Cystic Fibrosis: CFF and ECFS Consensus Statements for Screening and Treating Depression and Anxiety

J. Stuart Elborn, MD
Queen’s University, Belfast UK
A Collaborative Effort

The International Committee on Mental Health in CF

- Wide range of experts, people with CF and parents involved
- Two meetings in USA and Europe
- Regular steering group meetings
- Much work in between by the subgroups
Working Groups: Assessment and Treatment of Depression and Anxiety

- Screening
- Psychological Intervention
- Pharmacologic Treatments
- Future Research

Topic-Specific Questions (PICO format: Population, Intervention, Comparison, Outcome)

- Review/Approve
- Literature Searches
- Draft Consensus Statements
Consensus Process

Draft Consensus Statements

Committee Review/Voting

<80% agreement

≥80% agreement

Review and Comment: Clinicians, People with CF, & Parents

Accepted Statements

Draft Manuscript

Agreed manuscript in Press
(Thorax Sept 2015)
ORIGINAL ARTICLE

International Committee on Mental Health in Cystic Fibrosis: Cystic Fibrosis Foundation and European Cystic Fibrosis Society consensus statements for screening and treating depression and anxiety

Alexandra L Quittner,¹ Janice Abbott,² Anna M Georgiopoulos,³ Lutz Goldbeck,⁴ Beth Smith,⁵ Sarah E Hempstead,⁶ Bruce Marshall,⁷ Kathryn A Sabadosa,⁶ Stuart Elborn,⁸ the International Committee on Mental Health
Flexible, Step-Care Model

Annual Screening
Depression/Anxiety Symptoms

Clinical Concerns
Depression/Anxiety

Administration of PHQ-9 & GAD-7

Normal Range
Mild Range

Elevated Range
Moderate Severe

Supportive Interventions

Clinical Assessment
Impairment Patient Preferences Risk

Rescreen at Next Clinic Visit

Evidence-Based Psychological and/or Psychopharmacological Intervention
Pharmacological Intervention

• Appropriate 1\textsuperscript{st} line SSRI* antidepressants
  – Citalopram
  – Escitalopram
  – Sertraline
  – Fluoxetine

• Close monitoring of therapeutic effects, adverse effects, drug-drug interactions, and medical comorbidities is recommended

*selective serotonin reuptake inhibitors
Caregiver Screening and Assessment

Annual Screening

Administration of PHQ-9 & GAD-7

- Normal Range
- Mild Range
- Elevated Range
  - Moderate
  - Severe

- Preventative or Supportive Intervention
- Refer Caregiver for Consultation

Clinical Concerns About Child

- Assess Child (Ages 7-11)
- Referral as appropriate

Evidence-Based Psychological Intervention, including CBT or IPT, or referral to mental health specialist
Summary

• People with CF and their families are at high risk for depression and anxiety leading to both poor quality of life and poor health outcomes.

• An international working group has created consensus mental health screening and treatment guidelines for people with CF and their caregivers.

• Detailed processes for screening and, if necessary, intervention have been identified.
Mental Health Care Delivery Capabilities

- Survey distributed by CFF and ECFS*
  - 4,000 CF Health Professionals in EU and North America
  - 1,454 responses (36%)

Team Member with Primary Responsibility of Mental Health?
- Yes: 77%
- No: 23%

Personal Experience with Mental Health Screening?
- Yes: 79%
- No: 21%

Ability to Refer to Institutional Mental Health Clinicians?
- Yes: 82%
- No: 18%
- Unknown: 14%