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2019 Live Yes! Conference of Champions

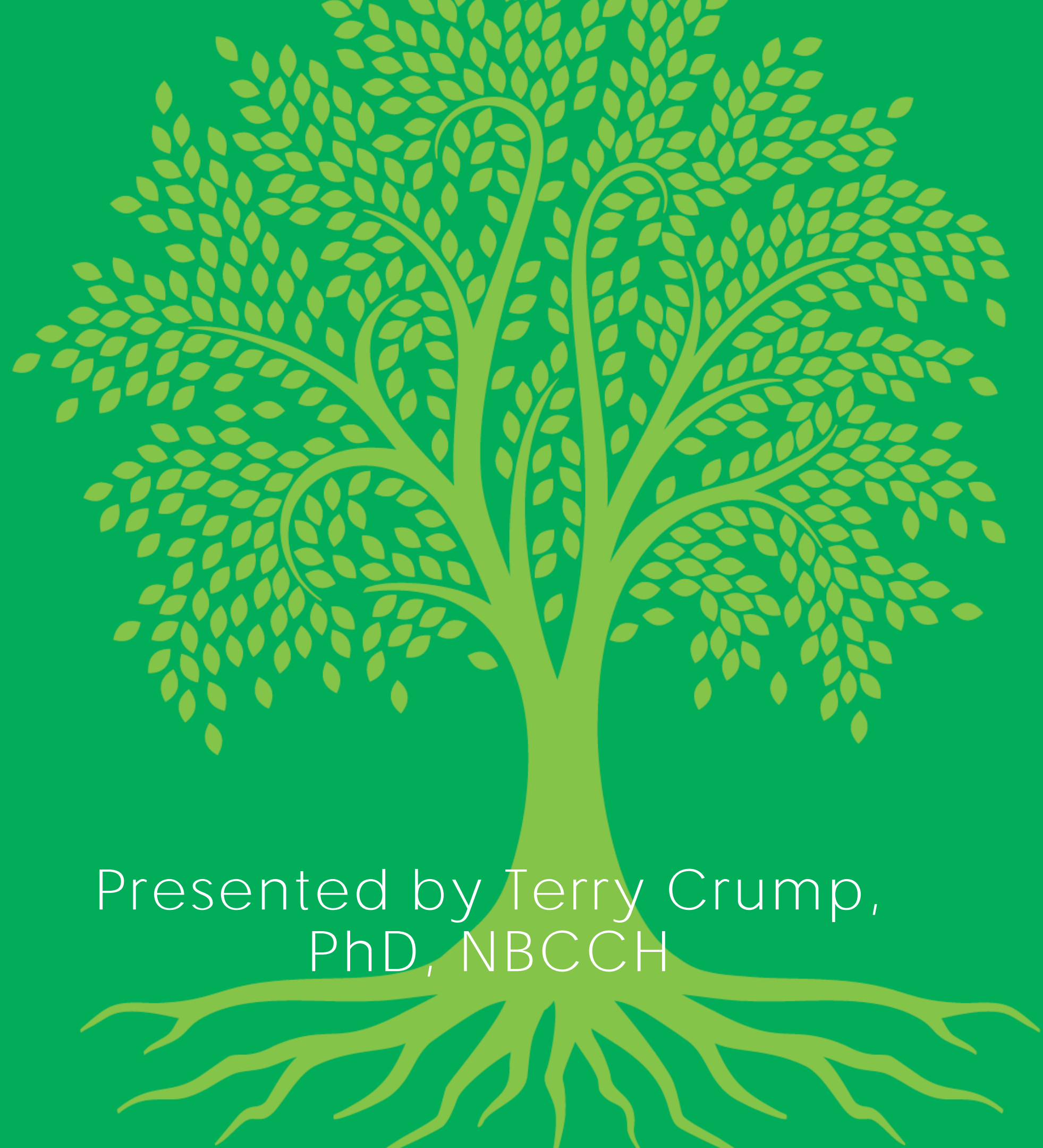
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Managing the Psychological Impact of Arthritis:

Dealing with Grief, Depression, and Anxiety



Presented by Terry Crump,
PhD, NBCCH



Today's Discussion

OBJECTIVES

1. Gain understanding of how the diagnosis of a chronic medical illness, like arthritis, impacts one's well being.
2. Learn to recognize signs of poor adaptation to the diagnosis of arthritis.
3. Examine the concept of resilience in the face of chronic illness, namely arthritis.
4. Create an action plan for living with arthritis and/or serving as a caregiver.



Who am I?

TERRY CRUMP, PHD

- Clinical Psychologist
- Author
- Former Professor & Researcher



INFLUENZA





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DO YOU HAVE JOINT PAIN?



WHAT IS ARTHRITIS?

ARTHRITIS IS **INFLAMMATION** of one or more of your joints

WARNING SIGNS



STIFFNESS
TENDERNESS
PAIN
DEFORMITY
GRINDING

There are **100+ types** of arthritis.
MOST COMMON:

OSTEOARTHRITIS

Characterized by breakdown of cartilage, stiffness and pain in affected joints

RHEUMATOID ARTHRITIS

Characterized by swelling, bone erosion and joint deformity

WHO IS AFFECTED?



WOMEN ARE MORE LIKELY

to be affected by arthritis than men



OVERWEIGHT PEOPLE ARE **4 TO 5 times more likely** to develop arthritis

RISK FACTORS



For additional arthritis information including prevention, diagnosis, and treatment, visit www.pennmedicine.org/arthritis.

REACTIONS

ADAPTATION

ANXIETY & DEPRESSION

Among Adults with Arthritis

2 OF 10
ADULTS

with arthritis
have anxiety symptoms.



Depression symptoms occur
TWICE AS OFTEN
in adults with arthritis.



Talk to your **healthcare provider**
about your mental health.



Ask your provider how **physical activity** or **self-management education workshops** can improve your mental health.



2019055-A



Signs of Major Depression

2 WEEKS

Sad mood
Reduced interest or
pleasure
Weight loss/gain
Insomnia/hypersomnia
Restlessness or motor
slowing
Fatigue
Poor concentration
Thoughts of death

SIGNIFICANT IMPAIRMENTS

Educational
Occupational
Social

Signs of Anxiety

2 WEEKS

Feeling nervous/on edge
Unable to stop/control the worry
Worrying too much about different things
Trouble relaxing
Unable to sit still
Highly irritable
Feeling afraid something bad will happen

SIGNIFICANT IMPAIRMENTS

Educational
Occupational
Social

Resilience Matters

ESTABLISH & MAINTAIN
STRONG
RELATIONSHIPS
————

FOSTER POSITIVE
EMOTIONS
————

NURTURE A GROWTH
MINDSET
————

ATTEND TO YOUR
PHYSICAL WELL-BEING
————

CLARIFY VALUES,
ARTICULATE PURPOSE,
FIND MEANING
————

XXX
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Thank You