Mental health and arthritis: a complex relationship

In this issue of JointHealth™ insight, we focus on the important relationship between mental health and arthritis. People with inflammatory arthritis (IA) are more likely to experience mental health conditions such as depression, anxiety and “brain fog” than the general population. Recent research suggests there is a complex relationship between these conditions and arthritis, and the impacts are profound. People with osteoarthritis (OA) may also experience depression as a result of new and significant physical limitations. There are effective ways that people with arthritis can manage their mental health.

Depression and anxiety weaken a person’s ability to deal and cope with pain.

Living with daily pain aggravates your anxiety and depression.

Patients can find themselves in a negative cycle of pain, poor health and negative mood, which can significantly change the course and management of your arthritis.

People with IA and depression tend to have more functional limitations, are less likely to adhere to their treatment regimens, and have increased odds of developing other health problems.

Arthritis can cause depression and/or anxiety; these conditions, in turn, can make your arthritis worse.

Stuck in a negative cycle?