Emotional Wellness: A Necessity in IBD Care

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Objectives

• Acknowledge the complexities of IBD
• Discuss the role of mood
• Review behavioral health treatment options
• Provide take home tips for wellness
Diagnosis Pattern in IBD

15-25 years old
- Identity formation
- College
- Career
- Marriage
- Family planning
- Financial independence

55-65 years old
- Financial stability
- Travel
- Retirement
- Adventure

Assadsangabi A. & Lobo A. Practitioner 2013
Fuller-Thomson et al. IBD 2015
The Complexities of IBD

Keefer L, et al. Gastroenterology 2018
Coping

“...cognitive and behavioral efforts to manage specific external or internal demands (and conflicts between them) that are appraised as taxing or exceeding the resources of a person.”

Coping & IBD

• Coping aims to diminish the physical, emotional and psychological burden that is linked to stress (complexities of IBD).

• Coping is considered to be adaptive when it leads to the reduction of distress.

• IBD may still be present but when coping well, the person is less distressed in any emotional, social, or physiological manner.
Living with an invisible illness

What’s really happening is not always obvious on the surface.

- Experimental medications
- Hospital stays
- Steroids
- Chronic pain
- Fatigue
- Food restrictions
- Medical bills
- Missed events
- Career impacts
- Relationship challenges
- Pregnancy
- Fear of the future
- Ostomy
Mental health and IBD

- Anxiety
- Depression
- Quality of life
- Intimacy
- Stigma
- Food anxieties
- Disordered eating
- Insomnia & fatigue
- PTSD
- Body Image
- Sexuality
- Uncertainty
- Social life
- Relationships
Identify how you feel

- Isolated
- Stressed
- Embarrassed
- Sad
- Depressed
- Anxious
- Helpless
- Frustrated
- Overwhelmed
- Guilty
- Angry

“How are you?”


Fine.
Association of Mood Disorders and Course of IBD

Patients with active or fluctuating IBD have

• Lower quality of life
• More stress
• More health anxiety and pain anxiety
• Feeling little control in life
• Need for more potent medication
• Are more likely to have maladaptive coping skills
  • Avoidant coping
Psychology and IBD

~2% of published IBD research evaluate mental health
74 of 4,470 articles on PubMed in 2016

Clinical anxiety disorders
~21%

Anxiety symptoms
~35%

Depressive disorders
~15%

Depressive symptoms
~22%

Fatigue
44-86% active dz
22-41% inactive dz

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Psychology and IBD

- PTSD from IBD: 16%
- Meet diagnostic cutoff score for PTSD: 46%
- Body image dissatisfaction: ~2/3
  - 75% W, 50% M
- Low/no interest in sex: ~80% W, 31% M,
- IBD is more stigmatized in the general population than 8 other diseases including HIV/AIDS
- Women with IBD are 2-3 times more likely to opt not to have children compared to 6% of general population

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GI Behavioral Health

An individual with IBD will likely spend less than 3 hours per year obtaining care or in communication with their provider(s).

Then self management kicks in:

• managing uncomfortable and embarrassing symptoms
• disability and functional impairment
• complicated medication regimens
• demanding lifestyle changes
• coordination of medical care and health insurance

Keefer L and Kane S. 2016, Self management techniques in IBD. In Cross R, Telemedicine for IBD p. 55-70
Keys to Wellness in IBD

• Multidisciplinary treatment team
  • Gastroenterologist
  • Dietitian
  • Psychologist
  • Primary Care Physician
• Knowledge of the role of stress
• Good self management skills
• Large box of coping tools
What is emotional wellness?

Recognition
Awareness
Acceptance

For your feelings
https://www.tedxcambridge.com/talk/baby-brains-unlocking-our-humanity/#play
Use of Adaptive Coping Skills

<table>
<thead>
<tr>
<th>STRESSOR</th>
<th>Controllable Problem-Focused</th>
<th>Uncontrollable Emotion-Focused</th>
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<tbody>
<tr>
<td></td>
<td>• Plan</td>
<td>• Acceptance</td>
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<td>• Approach</td>
<td>• Utilize social support</td>
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<td>• Organize</td>
<td>• Relaxation</td>
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<td>• Emphasis resolution</td>
<td>• Constructive self talk</td>
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<td>• Take action</td>
<td>• Adopt a “so what” approach</td>
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<td>• Let it GO</td>
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Types of Relaxation

- Diaphragmatic Breathing
- Guided Imagery
- Passive or Progressive Muscle Relaxation
- Body Scanning
- Autogenic Relaxation
- Medical Hypnotherapy
Mental Health Resources

Crohn’s and Colitis Foundation Website: https://www.crohnscolitisfoundation.org/mental-health

Mental and Emotional Well-being

Living with a chronic, and often painful, illness can take a toll on your mental health and emotional well-being. You are not alone. We understand how challenging and frustrating it can be to manage not only the physical symptoms of Crohn's disease or ulcerative colitis, but also the stress, worry, depression, and anxiety that you may feel along the way.

In addition to depression and anxiety, emotional responses to living with a chronic illness can include denial of your disease, the need for dependence or caretaker behaviors, feeling overwhelmed, and having a poor self-image. Inflammatory bowel disease (IBD) can also affect family and friends.

If you have thoughts of self-harm or suicide, please do not hesitate to reach out for help by calling emergency services, or calling the suicide hotline at 1-800-SUICIDE.

Fact Sheet

News from the IBD Help Center

EMOTIONAL FACTORS

Can depression and anxiety cause ulcerative colitis and Crohn’s disease?

There is no doubt that IBD is a psychologically complex disease. Tenacity and anxiety can frequently complicate patients' course. But are they causal or are they part of the same complex?

Doctors often consider lifestyle factors that might cause depression and anxiety. "What effect does stress have on IBD outcomes?" or "Can IBD be prevented?" are questions that doctors and patients often ask. The answers are not always clear, and it is important to be aware of the potential links between depression and anxiety and IBD.

Crohn’s and Colitis Foundation Mental Health Resources

Mental Health Resources

Mental Health Resources

Mental Health Resources

Mental Health Resources

Contact the
Crohn's & Colitis Foundation

Understanding Stress and Anxiety in IBD

White stress and anxiety may not be to what extent it causes Crohn's disease or ulcerative colitis, they can certainly have an impact on your disease. Learn more:

Understanding Stress and Anxiety in IBD

The GI stress cycle in Crohn's disease and ulcerative colitis

These web resources were supported through educational grants from:

AbbVie

The Allergan Foundation

Genentech
Resources

• Link to a demonstration of Diaphragmatic Breathing:
  • https://youtu.be/UB3tSaiEbNY
  • Download a QR reader

• Learn more about the Michigan Medicine GI Behavioral Health Program
  • https://www.uofmhealth.org/conditions-treatments/gi-behavioral-therapy

• Crohn’s and Colitis Foundation
  • Videos and Fact Sheets
    • http://www.crohnscolitisfoundation.org/living-with-crohns-colitis/mental-health/how-can-ibd-affect-your.html
    • http://www.crohnscolitisfoundation.org/resources/stress-and-anxiety.html
Locate a mental health provider

www.ROMEgipsych.org

OR www.psychologytoday.com

Look for a provider who:

- Specializes in health and anxiety disorders
- Uses cognitive behavioral therapy (CBT)
- Is familiar with brain-gut interaction
- Is interested in working with patients with digestive diseases
Thank you!