

Promoting mental health in people with arthritis

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Online mental health promotion

The main aim of the presentation is to discuss the advantages and disadvantages of online mental health support for patients with arthritis.

1. The background of work with patients with arthritis.
2. The results of the online survey realized on 270 people suffering from rheumatic diseases.
3. The presentation of our own experiences with the implementation of online mental health promotion.

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Zmajmy się razem



Let's stay together! National Association of Young People with Connective Tissue Diseases (Poland) was founded in 2008 by people who got ill in their childhood or youth, and now, as adults, they want to actively support young patients, children and young adults alike, and their families.

The main areas of activity:

- overcoming the formal and social limitations to the patient's access to appropriate treatment, rehabilitation, education,
- psychological support for patients and their families, helping them to get involved in the social life,
- cooperating with local governments and participating in the legislative work concerning disability.

Educational meetings

Rehabilitation sessions

Meeting with psychotherapist

Relaxation workshops



Rheumatic diseases

inflammatory diseases
affecting even children
and young people

degenerative diseases,
which are usually the result
of the elderly

The illnesses are chronic and - until now - incurable. It is not clear what are the causes of connective tissue diseases.

It is assumed that there may be several reasons for their occurrence:

- hormonal,
- genetic,
- environmental (UVB radiation, viruses, infections, medications taken, cigarette smoking),
- and psychogenic (mainly traumatic experiences from childhood or early adolescence).

The illness is the body's response to the compilation of these factors. What is more, the symptoms of these illnesses may appear or aggravate as a result of the intense stress experienced, so **psychological support is important.**

Online mental health promotion- why?

- Many young people suffer from different kinds of arthritis.
- Patients suffer from pain.
- Patients live in different parts of Poland, far away from medical centres.
- Young patients look for social network and relationship via social media.

Online mental health promotion- what?

- **Research**
- Education
- Support

Online mental health promotion- research

- Online questionnaire (WHO-BREF+ closed questiones about difficultes and mental health-30 items)
- N=270; 251 women and 19 men
- Young people – 75% of responders were less then 40 years old

Arthritis



Quality of life



Emotional, social,
interpersonal
dimension

Research-results

Difficulties that patients cope with:

1. The lack of hope (emotional dimension); the decrease of self esteem (ego dimension).
2. Interpersonal difficulties, isolation, **lack of respect**– 50% responders (social dimension).
3. The need of occupation changing **62%**; **stop education-70%** (social dimension).
4. The lack of occupation or half-part, financial difficulties– almost 40% responders (social dimension)

Research-results

The quality of life:

1. The responders' quality of life is lower in every dimension.
2. Almost **60% of responders** are unhappy with their health.
3. Over **30%** of responders decrease the meaning of sense of life!!!
4. Almost 30 % of patients suffer from sadness and anxiety.
5. Every fourth responder is unhappy with relationship, 34%- with their sexual activity.

Arthritis



Quality of
life



Mental
health

Mental health

1. Positive perspective

well-being and resources that make a person able to develop, cope with everyday difficulties and avoid mental health crisis



2. Negative perspective

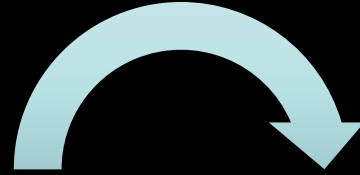
pathology symptoms, mental health disorders.



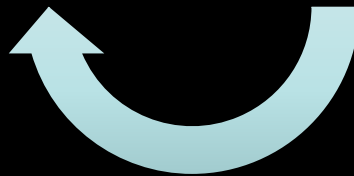
Research-results

Mental health:

1. Over 70% of responders suffer from anxiety/ thoughts of suicide or addiction.
2. There is the relationship among pain and anxiety, interpersonal difficulties and thoughts of suicide.
3. Over 23% of patients who suffer from pain have also thoughts of suicide.



Quality of life Mental health



Online mental health promotion- what?

- Research
- **Education**
- Support

Online mental health promotion- Education

- Campaigns in the media and in social media.
- Information and research report on the website.

3majmy się razem 



JULKA
JUVENILE ARTHRITIS



MARTA
LUPUS



MONIKA
RHEUMATOID ARTHRITIS

RHEUMATISM HAS A YOUNG FACE

Look at us – we fight with incurable rheumatic diseases. This is our everyday life. Our diseases have many symptoms, attack various tissues and organs. They invisibly destroy us.

Let's stay together! National Association of Young People with Connective Tissue Diseases (POLAND)

Donate: PL48 1940 1076 3052 7306 0000 0000 / Stowarzyszenie „3majmy się razem” or became our Volunteer.

Find out more:

REUMATYZMMAMLODATWARZ.pl



Step Forward Project,
which is aimed at
psychological support
and vocational
activation of young
rheumatic patients.

Online mental health promotion- what?

- Research
- Education
- **Support**

Online mental health promotion- support

- Psychological & career counseling via chat on the FB.
- Peer support via chat on the FB – every day during one hour.

Online mental health support

- difficulty in asking for help,
- communication barriers in the family, lack of understanding in the family,
- loneliness, alienation,
- coping with the diagnosis of chronic illness,
- helping child dealing with a diagnosis of chronic illness,
- ways to deal with pain,
- difficulties with re-training, change of job,
- should I seek a psychiatrist help?

Online mental health support

- Psychiatric disorders occurring during treatment with glucocorticoids.
- Blocked feeling. Patients require psychotherapeutic support, no matter how quickly they adapt to chronic rheumatic disease.
- Constant overlap of somatic and mental symptoms.
- Problems in personal life, problems with pregnancy and motherhood.

Online mental health support

We want the beneficiaries of our actions to:

- realize their full potential,
- better cope with the daily stresses of life,
- work productively,
- make meaningful contributions to their communities.

Advantages

- ad-hoc help, especially for people who can not reach the therapist or can not afford it,
- emergency help in situations of sudden fear,
- the possibility to contact a person who seeks help with other people,
- the possibility to give contacts to the appropriate institutions, associations, foundations,
- supporting decision-making on regular psychotherapy.

Disadvantages

- lack of regularity,
- sometimes too high expectations on the patient side,
- the feeling of rejection in a patient when the therapist puts limits,
- fear of contact and anxiety if the contact is confidential.

Challenges

- developing this form of the patients' support,
- determining the scope of the assistance and attempting to build a systemic solution,
- the problem of financing this form of the patients' support.

Thank you! 😊

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