

Workshops 1a:

Mental health, anxiety and depression

Dr Shirley Thomas, University of Nottingham

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www.stroke.org.uk/uksa
#strokeassembly

Aims of the workshop

- Explain the effects of stroke on mental health
- Explore these hidden effects of stroke
- Examine self support techniques and services to help manage and improve mental wellbeing
- Share tips and thoughts to help others
- Future learning

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What emotions or feelings might we experience following a stroke



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Post Stroke Depression (PSD)

- **Depression** - most common psychological change after stroke
- Affects **1 in 3 people**, up to 10 years after stroke
- **40%** will develop symptoms **within 3 months**
- **30%** of non depressed stroke survivors become depressed **upon discharge** from the hospital

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Symptoms of Post Stroke Depression

Feeling sad or down in the dumps

Losing interest in things you used to enjoy

Difficulty concentrating or making decisions

Feeling guilty or worthless

Changes in your appetite and/or sleep pattern

Decreased energy and motivation

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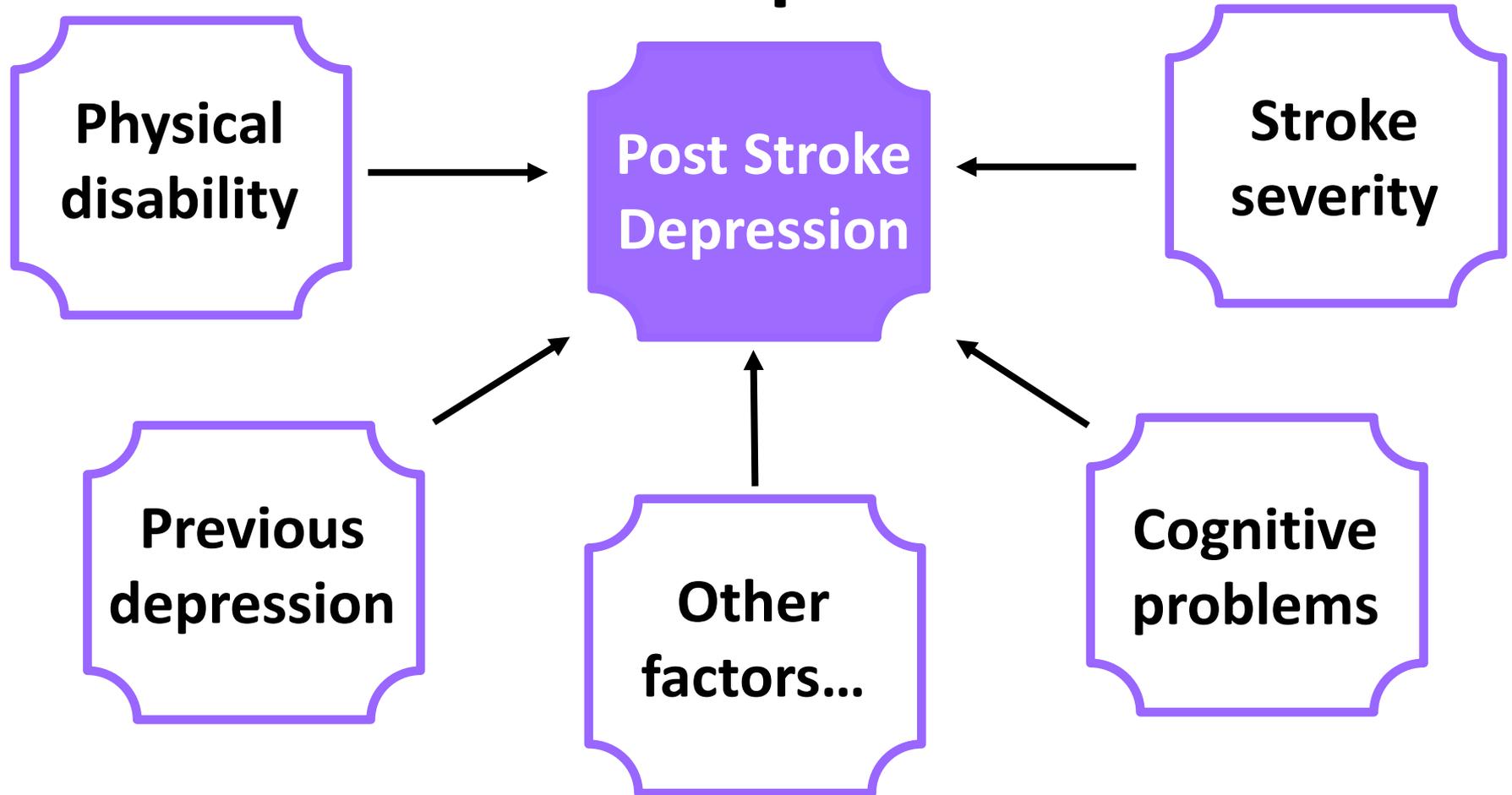


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What might cause or predict Post Stroke Depression?

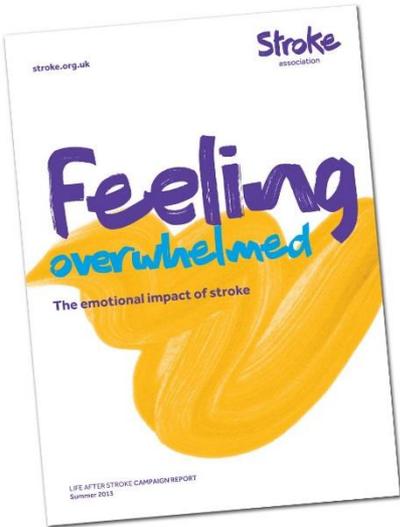


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Post Stroke Anxiety



67% of stroke survivors who took part in the feeling overwhelmed survey reported experiencing anxiety



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Common fears or worries

- Having another stroke or TIA
- Being unable to communicate in an emergency
- Being unable to drive or return to work
- Social situations
- About medication, test results, appointments
- Falling
- Never feeling any better

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Some of the signs of anxiety

Rapid breathing

Disturbed sleep

Palpitations

Feeling irritable

Dizziness

Disturbed sleep

Chest pain

Avoiding going out

Restlessness

Difficulty concentrating

Tingling feelings

Tense muscles

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Emotionalism

- Suddenly **laughing** or **crying**
 - But may not reflect how you are feeling
- Being more emotional than you usually are
- Not the same as depression

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Asking about emotions



Conversations

Recognising symptoms

Formal questionnaires

Overlapping symptoms

Need to consider people with communication difficulties

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Treating depression and anxiety

Examples

- Counselling
- Psychological therapy
- Medication

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What can I do to help?

- Set yourself small goals
- Problem solving
- Keep active
- Find things you enjoy doing
- Relaxation
- Be kind to yourself
- Talk to other people



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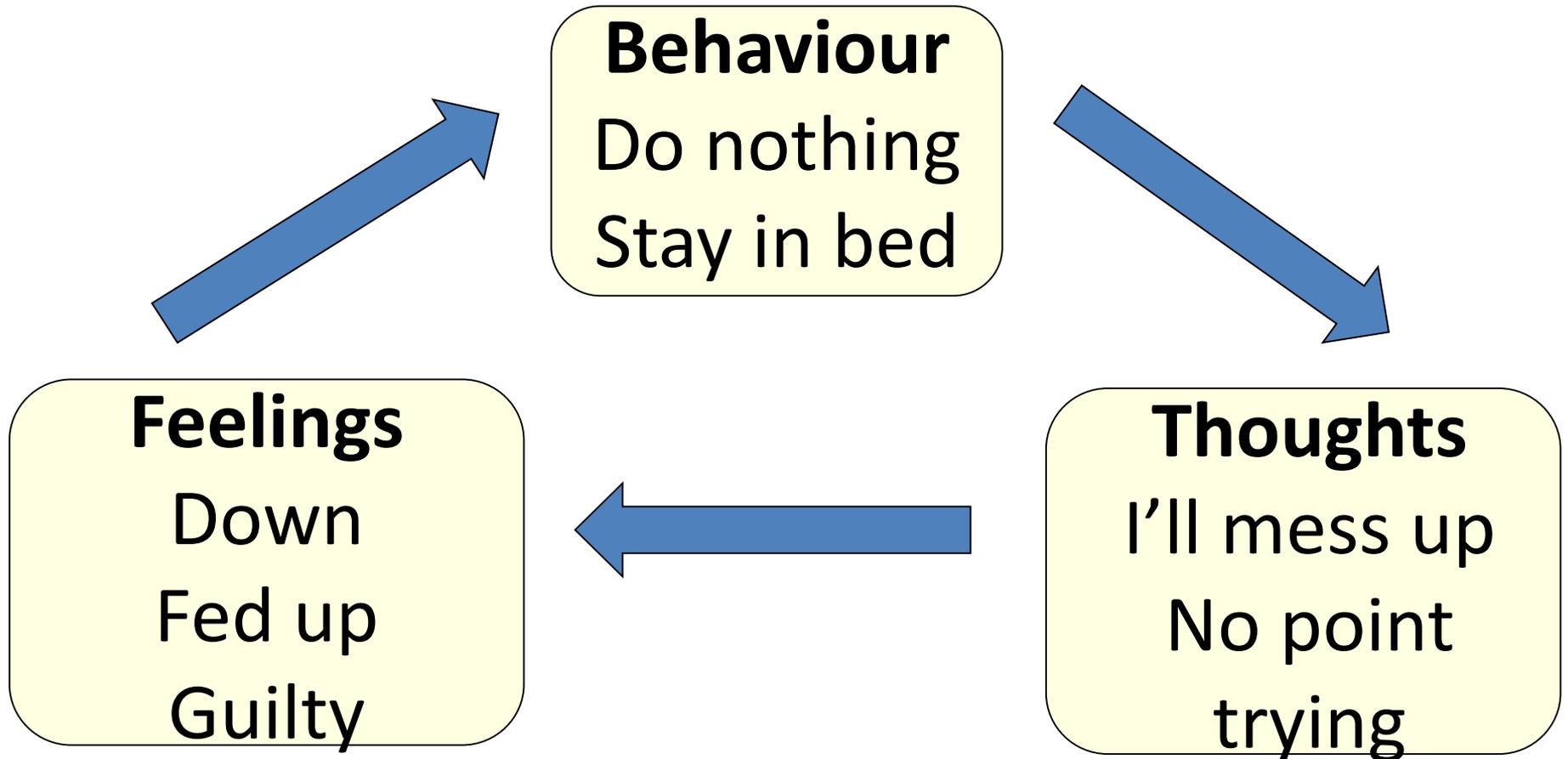


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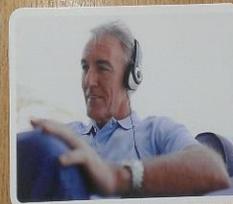
Maintenance cycle



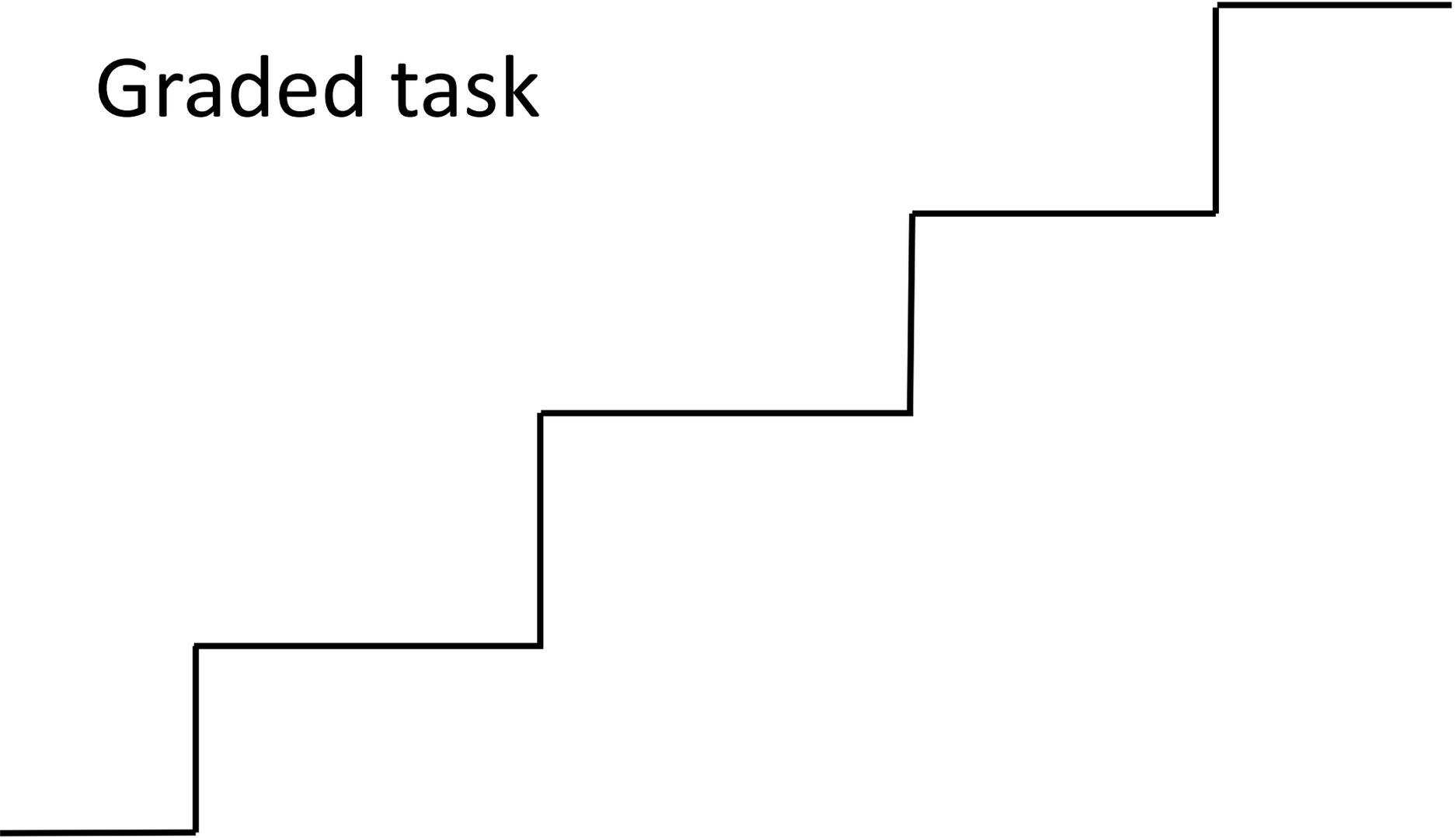
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Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 							
Afternoon 							
Evening 							



Graded task



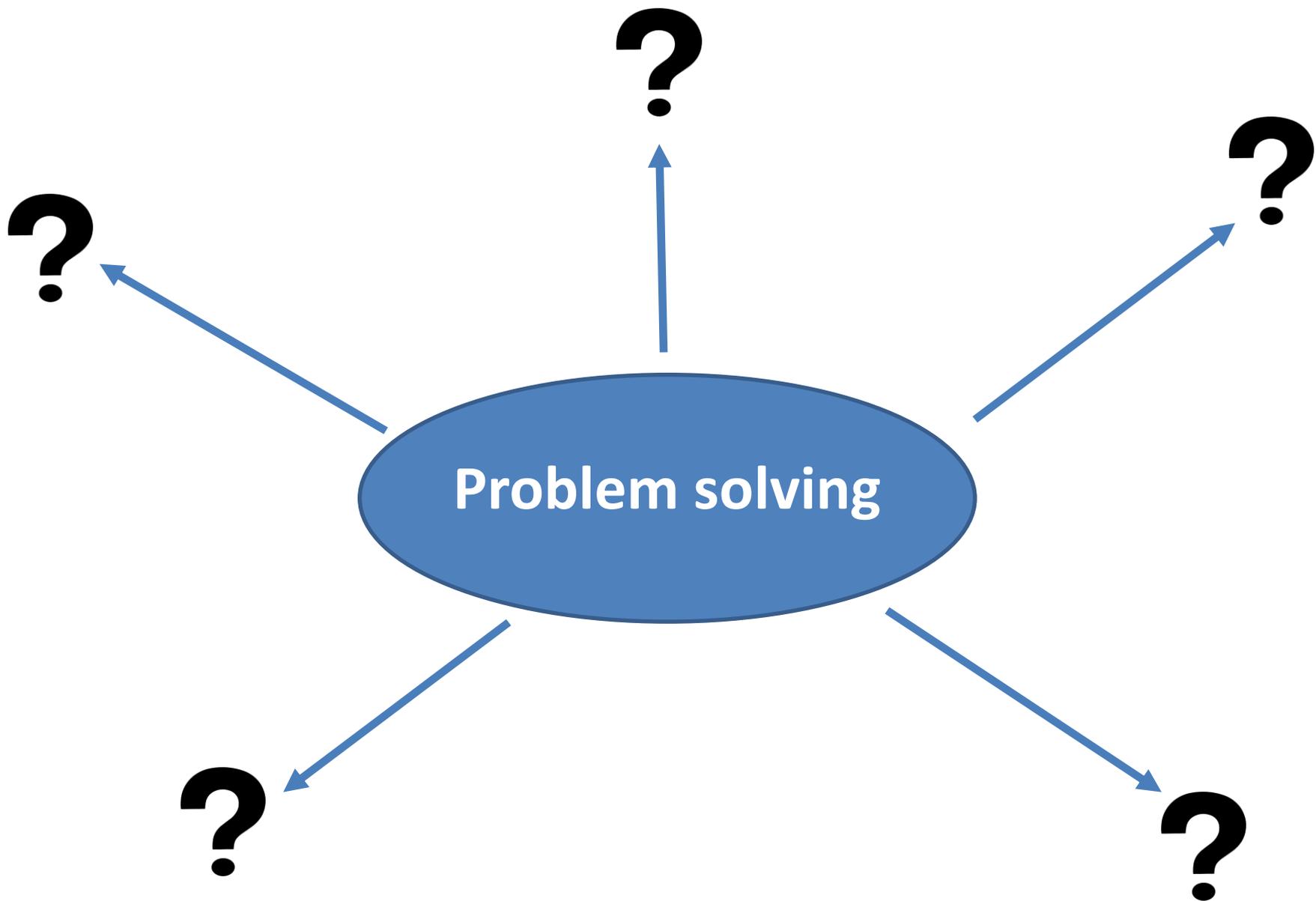
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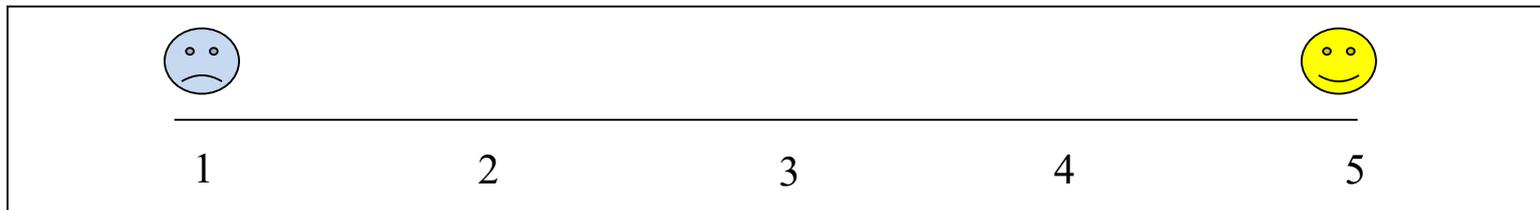
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Example: 'Peter'

56 year old man, married, living with his wife

- Some memory difficulties
- Wife worked full-time
- Sat at home alone listening to music



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Sharing what has helped you or others

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Future learning

Areas we need to learn more about

- Causes of post stroke depression and anxiety
- Who might be most at risk
- How best to find out who has depression or anxiety
- Preventing problems developing
- The right help at the right time

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Current research funded by the Stroke Association

- Dr Niall Broomfield: TEARS study – Testing for Emotionalism After Recent Stroke
- Professor Hugh Markus: Apathy after small vessel disease (SVD)
- Dr Terry Quinn: Research into the emotional, thinking and memory problems after stroke
- Dr Katerina Hilari: SUPERB study – Supporting wellbeing through peer befriending in people with aphasia

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Key points

- Range of **emotions** after having a stroke
- **Depression** and **anxiety** are common
- **Talk** to someone
- **Help** is available
- Think about your own '**toolbox**' – what helps you

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Further information and support

Your GP

Stroke Association

Stroke Helpline 0303 3033 100

info@stroke.org.uk

www.stroke.org.uk

Reg Morris, Malin Falck, Tamsin Miles,
Julie Wilcox, Sam Fisher-Hicks

Foreword by Juliet Bouverie, Chief Executive, The Stroke Association

**REBUILDING
YOUR LIFE AFTER
STROKE**

POSITIVE STEPS
TO WELLBEING

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Thank you for listening



Any questions
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