



Women's Health Council of RI

Bridging Physical and Behavioral Health

PHYSICAL HEALTH

- Patients with depression make twice as many health care visits, and miss more visits.
- Comorbid depression in patients with chronic medical illness is associated with a significantly higher number of medical symptoms.
- Untreated depression is associated with increases in all-cause mortality in patients with chronic illnesses like diabetes and cardiac disease.

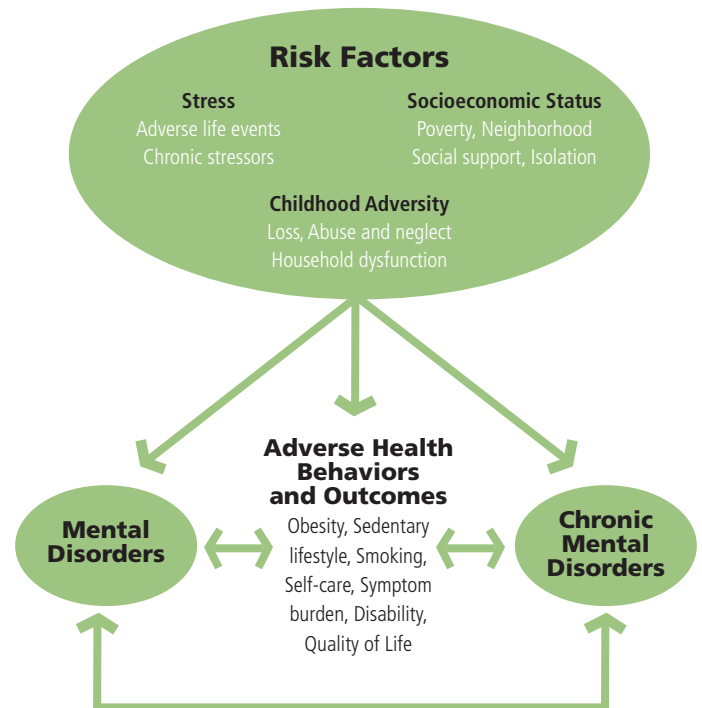
BEHAVIORAL HEALTH

- Mental illnesses affect and are affected by chronic medical conditions like cancer, heart and cardiovascular diseases, diabetes and HIV/AIDS.
- The odds of major depression are high in people with chronic medical conditions.
- Untreated mental illness contributes to unhealthy behavior, non-compliance, diminished immune functioning and poor prognosis.
- Chronic physical illness with comorbid Major Depressive Disorder (MDD) nearly doubles the likelihood of increased functional disability, health care utilization and work absence, compared to a chronic physical illness without comorbid MDD.

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BRIDGING THE DISCIPLINES

- Effective treatment of depression improves symptom burden, functionality, quality of life, and overall adaptation to chronic medical illness.
- Collaborative care is an effective model for delivering mental health treatments to large primary care populations.



- Katon, W.J. Epidemiology and treatment of depression in patients with chronic medical illness. *Dialogues Clin Neurosci*. 2011 March; 13(1): 7–23.
- Egede, L.E. Major depression in individuals with chronic medical disorders: prevalence, correlates and association with health resource utilization, lost productivity and functional disability. *General Hospital Psychiatry*. 2007 September- October. 29(5): 409-416.
- Citation for Figure: Goodell, S., Druss, B.G., & Walker, E.R. Mental disorders and medical comorbidity policy brief. The Robert Wood Johnson Foundation Synthesis Project. 2011 February. No. 21.