

Under the Surface

Mental Health in SCD



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CENTER FOR
Behavioral Health +
Smart Technology

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Disclosures

- Consulting with Novartis, Pfizer and Global Blood Therapeutics



CALM SC D



1000

I'm Really Giving Up At Life, I Don't Have No Support Nor Help That I Need!
This Sickle Cell Can Take Over Now, I Wanna Go To Heaven And Not
Have To Suffer For No More!

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Psychosocial health in SCD

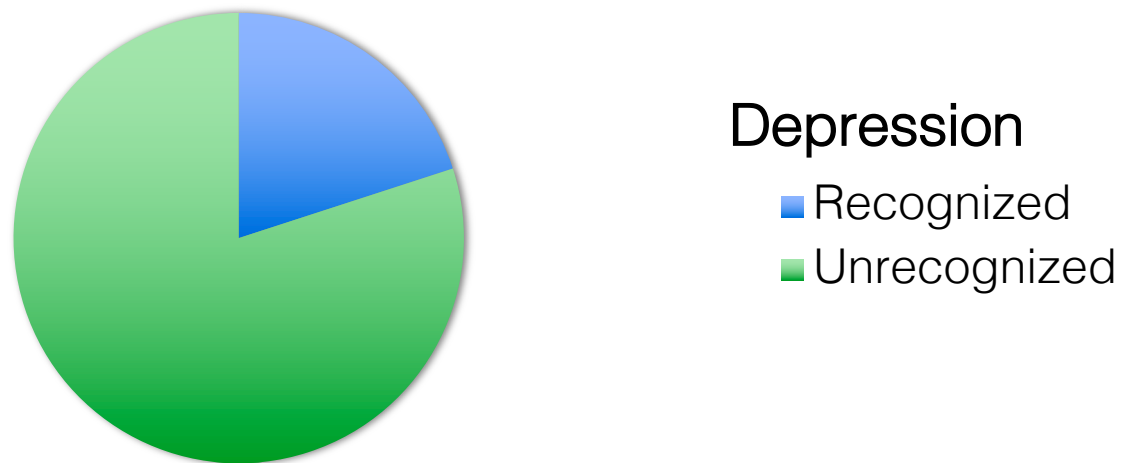
What we see and what we can't



- Undiagnosed or misdiagnosed
- Left untreated or inadequately treated

Depression in SCD

- 2-7% diagnosed with depression
- 21-57% report symptoms when asked



Depression and health care utilization in SCD



Patients with SCD who run into depression
experience poorer outcomes

2.3x more hospital visits for pain

Is depression in SCD what we think it is?

- Dysthymia
 - 9:1 compared to major depression
- Poor self-management/adherence
- Irritability
 - → frustration, hostility, aggression
- Insomnia
 - 50% adults with SCD (V Mann-Jiles 2015)

NEGATIVE THOUGHTS

- About myself
- About the World
- About my future



FACEBOOK POST

Tony: In the Hospital contaplating suicide. Anyone knows where the Juggler vein is located in your neck? And if I stab it with my hospital fork how long would it take to bleed out?? Or what about the groan area.?? Which spot is more effective?? Somebody come threw.

Kia: I'm praying for you;suicide is never the answer...please talk to someone if you are seriously considering that as an option.

Small social life

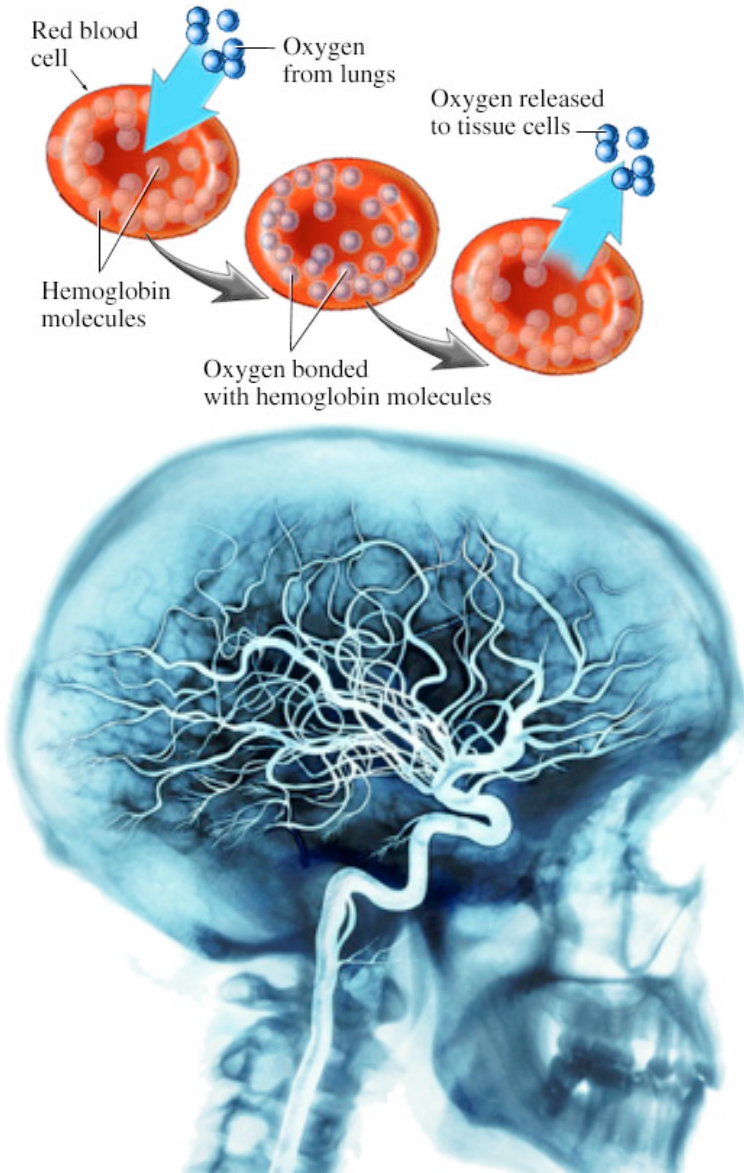
“...I didn't like the way the majority of the other kids ask me questions about myself”

“I shouldn't be making friends...because therefore I make them accept I'm dying”

Negative interactions in the health care environment

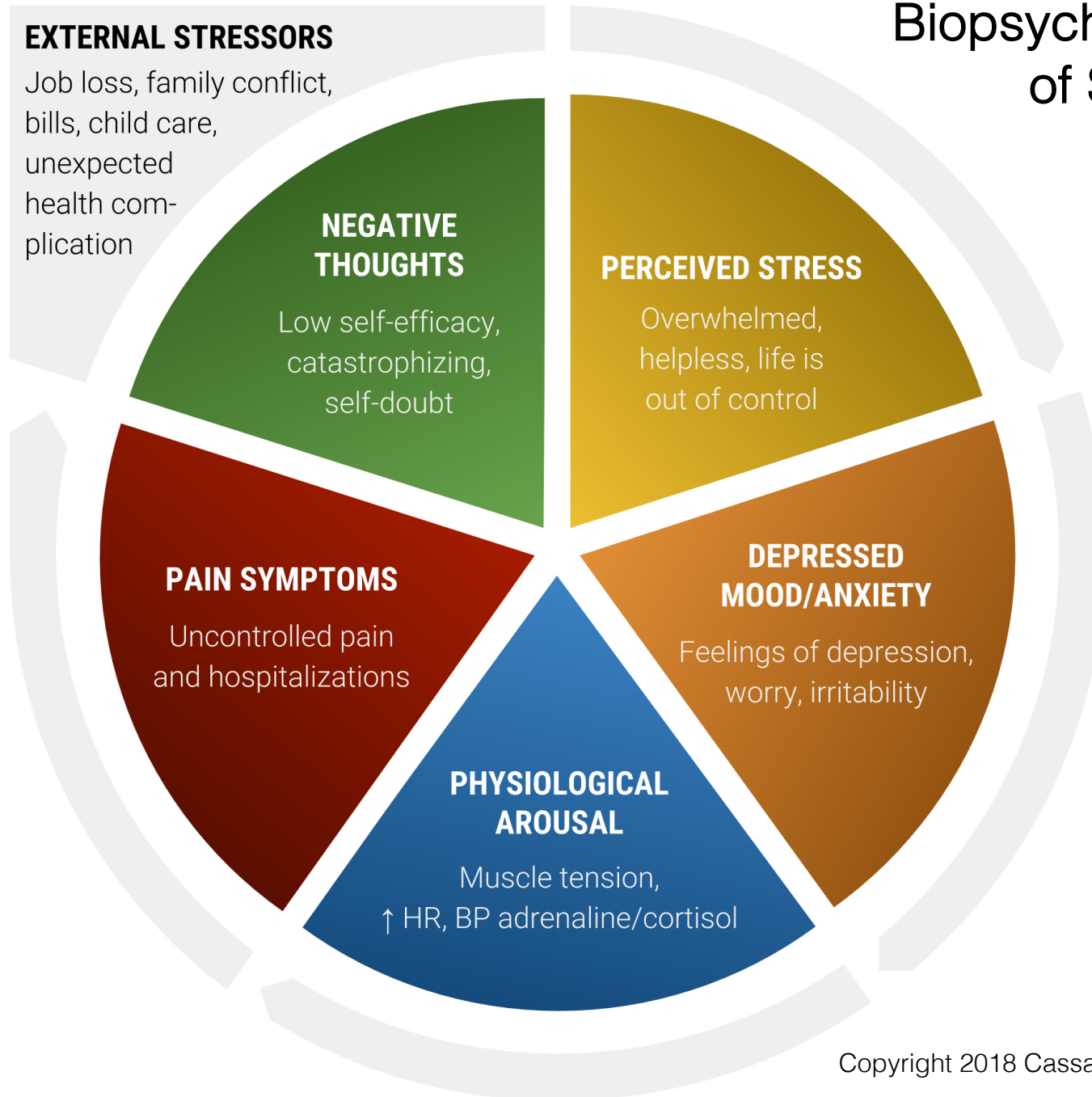
- “you aren’t really in pain”
- “your labs don’t show there is anything wrong”
- “you’re drug-seeking”
- “...a junkie”

Hemoglobin → capacity to cope w/ stress



- 15% of cardiac output
- 25% of total oxygen supply
- 50% under cognitive demand

Biopsychosocial model of SCD pain

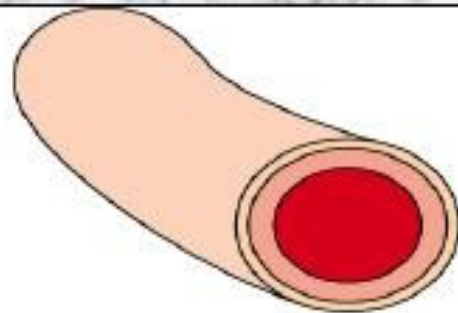


Fight or Flight Response



Vasoconstriction and Vasodilation

Normal arteriolar tone

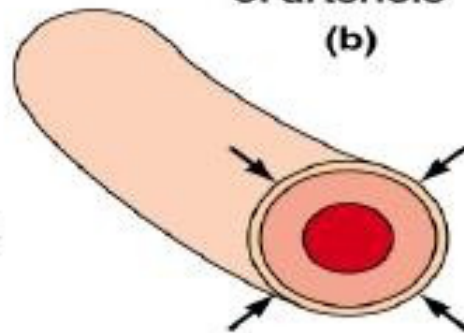


Cross section
of arteriole

(b)

Vasoconstriction

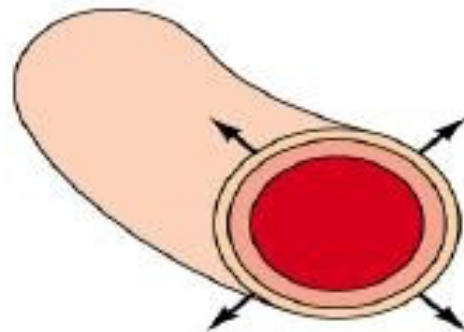
(increased contraction of circular smooth muscle in the arteriolar wall, which leads to increased resistance and decreased flow through the vessel)



(c)

Vasodilation

(decreased contraction of circular smooth muscle in the arteriolar wall, which leads to decreased resistance and increased flow through the vessel)



(d)

Caused by:

↑ Myogenic activity

↑ Oxygen (O_2)

↓ Carbon dioxide (CO_2)
and other metabolites

↑ Sympathetic stimulation

Vasopressin; angiotensin II

Cold

Caused by:

↓ Myogenic activity

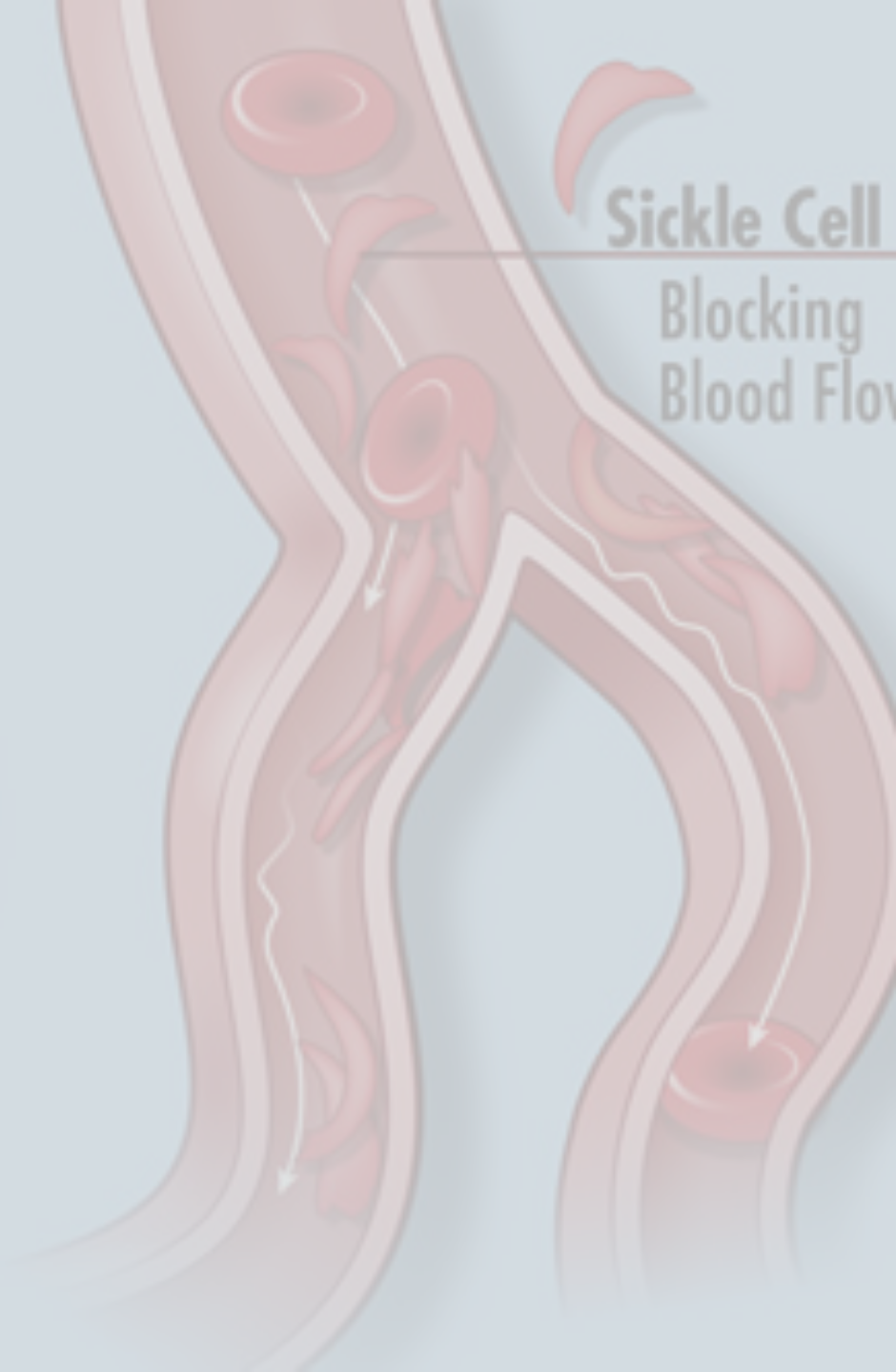
↓ O_2

↑ CO_2 and other metabolites

↓ Sympathetic stimulation

Histamine release

Heat



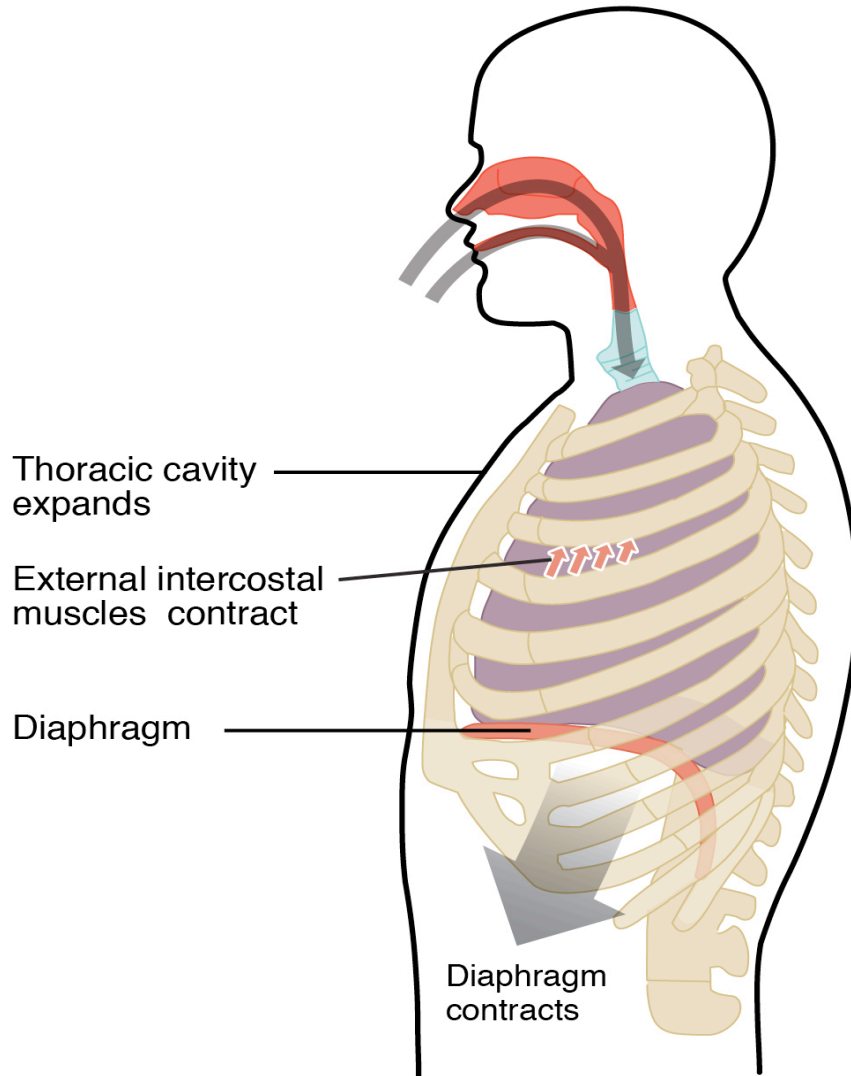
WHAT CAN I DO ABOUT IT?

Presence and Power

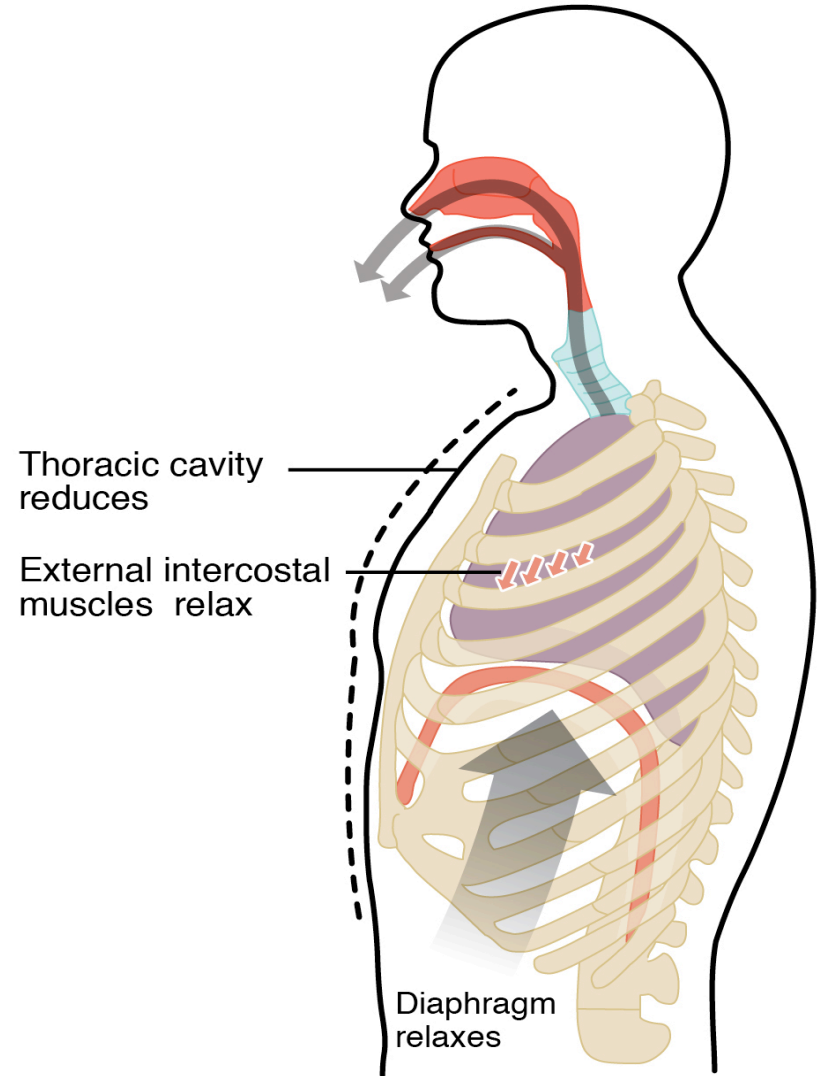


Pause Breath

Inspiration



Expiration



Dr. Pennebaker's Basic Writing Assignment

Over the next four days, write about your deepest emotions and thoughts about the emotional upheaval that has been influencing your life the most. In your writing, really let go and explore the event and how it has affected you. You might tie this experience to your childhood, your relationship with your parents, people you have loved or love now, or even your career. Write continuously for 20 minutes.



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY



EXHAUSTED



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BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

Amplify Positive Emotions

- “Think back over the week and describe something that you did, or something that happened to you, that was positive and made you feel good. It can be something that you brought about or something that just happened.”

Get activated

- Behavioral activation
- Schedule pleasant activities
- Increase physical activity
- Increase social contacts



The difficult fight



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