

A Study of Depression and Anxiety in People with Chronic Diseases

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Abstract (600 words):

Rare diseases are a collection of illnesses with a low prevalence and a high degree of heterogeneity. There are over 7000 different rare diseases in the world, each with its own clinical presentation, course, and cause. Despite the heterogeneity of rare diseases, there may be shared burdens among them. The majority of rare diseases are complex, chronic, progressive, degenerative, and often fatal, and they are associated with a lower quality of life. Furthermore, due to the rarity of each condition, access to competent care is often limited, and knowledge about the diseases is generally scarce. Furthermore, waiting too long for a diagnosis might lead to negative feelings like irritation and self-doubt. Another common experience among patients with many rare diseases is psychopathological load, as chronic sickness is commonly connected with sadness and anxiety. Psychopathology in patients with uncommon disorders has a dearth of scientific literature. However, data from stakeholders such as patient organisations and pharmaceutical corporations show that uncommon diseases have a high psychological burden and that psychopathology levels have increased. Some studies found higher levels of depression and anxiety in individuals with specific rare conditions,

such as pulmonary arterial hypertension or Marfan syndrome, whereas others did not, such as those with hereditary primary immunodeficiency.

Importance of Research (200 words):

In more frequent chronic physical illnesses like coronary heart disease or diabetes, depression and anxiety are linked to higher mortality and a worse prognosis for the disease, as well as a negative impact on medical symptom load and health behaviours like compliance. Furthermore, depression is linked to a 50 percent rise in the expense of chronic medical condition. As a result, detecting and treating depression and anxiety in chronically ill people can have far-reaching benefits beyond mental health. Understanding the circumstances in which symptoms appear or, conversely, the circumstances in which patients adjust well to their chronic condition can aid in providing appropriate, targeted treatment and prevention.

Biography (200 words):

Kylie Potter is a Medical Specialist in Internal Medicine and Gastroenterology, University Medical Center Hamburg-Eppendorf, Hamburg, Germany. Eppendorf and leads the Martin Zeitz

Centre for Rare Diseases. Kylie Potter does research in autoimmune liver diseases and immune regulation. Current projects focus on primary sclerosing cholangitis and autoimmune hepatitis. He does research in health psychology, clinical psychology and psychosomatic medicine. He currently works in a project on mental health in patients in rare chronic diseases. His pioneering research in non-invasive whole-body medical diagnosis has set him apart as the World's leader in holistic medical diagnostics.

Information of Institute (200 words):

The University Medical Center Hamburg-Eppendorf is the teaching hospital of the University of Hamburg and one of the largest hospitals in Hamburg, Germany. The first parts of the hospital were built between 1884 and 1889. From 1913 until 1926, Fritz Schumacher built a general purpose building, today called Fritz-Schumacher-Haus, among others for the pathological anatomy with a dissecting room. In 2008 the hospital participated in the Tag des offenen Denkmals, a Germany-wide annual event sponsored by the Deutsche Stiftung Denkmalschutz, that opens cultural heritage sites to the public—showing the Fritz-Schumacher-Haus and the operating theatre in a bunker from World War II.

Institution:



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