

## Introduction

- Health issues have always been a concern for the American people. However, it seems like the concern is growing and has swapped from physical health concerns to mental health concerns. Anxiety and depression are some of the most common mental illnesses that occur in the United States.
- Anxiety and Depression tend to affect our whole bodies, not just our minds. They can bring fatigue, mood swings, dysrhythmia, headaches, forgetfulness, etc.

## Coverage

- Establishing a connection between depression and health outcomes is a newer area of research. Therefore, not all information is reliable.
- Studies involving participants and measurable scales help excessively when it comes to understanding the toll that depression can have on our bodies as we go through life and are exposed to new or chronic illnesses.

## Methodology

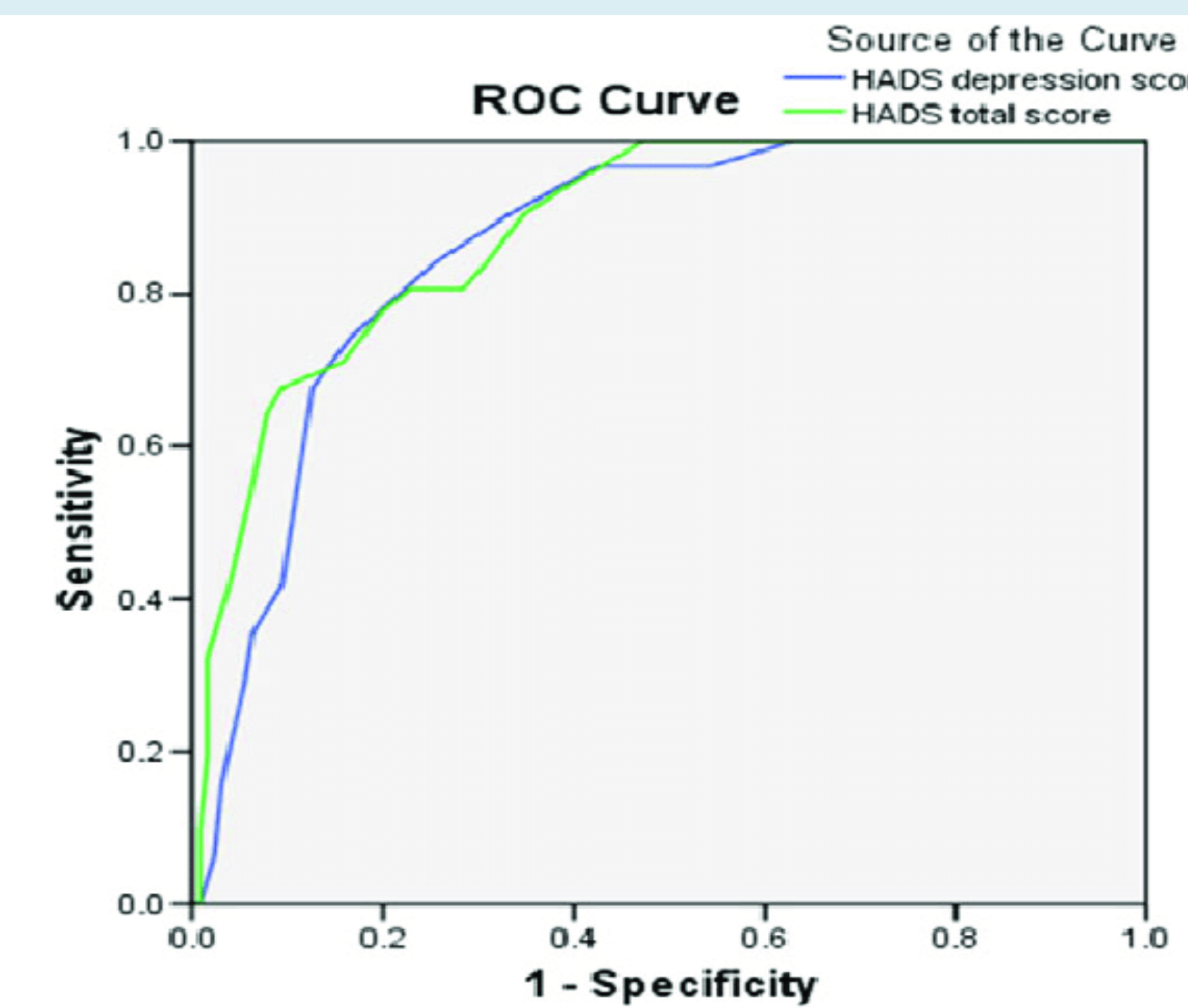
- To collect data and really gain a grasp of the effect anxiety and depression can have on people, a literature synthesis will be created.
- The Hospital Anxiety and Depression Scale is used to assess the rates and severity of anxiety and depression symptoms that patients have while in the hospital in either in-patient or out-patient settings.

## Significance

- Awareness for mental health disorders and diseases have grown.
- Having a mental illness increases the likelihood of patients forgetting their medicine(s), which can cause severe issues if it persists.
- Finding the link between depression and health outcomes benefits the world, while the rates of reported, diagnosed depression increase.
- Once the link between depression and the negative effects that it can, or does have, on health outcomes will be easier to identify and treatment can begin.

## Conclusion

- There is a mounting need for studies to be done that report the affect that depression alone can have on one's health and health outcomes.
- Because of resources, like the Hospital Anxiety and Depression Scale, we have been able to keep an eye and take a deep dive into what effects that depression can and does have on health outcomes as we deal with different diagnosis and diseases.
- Lastly, not only are more studies needing to be done in order to understand the effects of depression, but more studies are needed to show how to manage depression while still managing ailments and disease that could also arise.



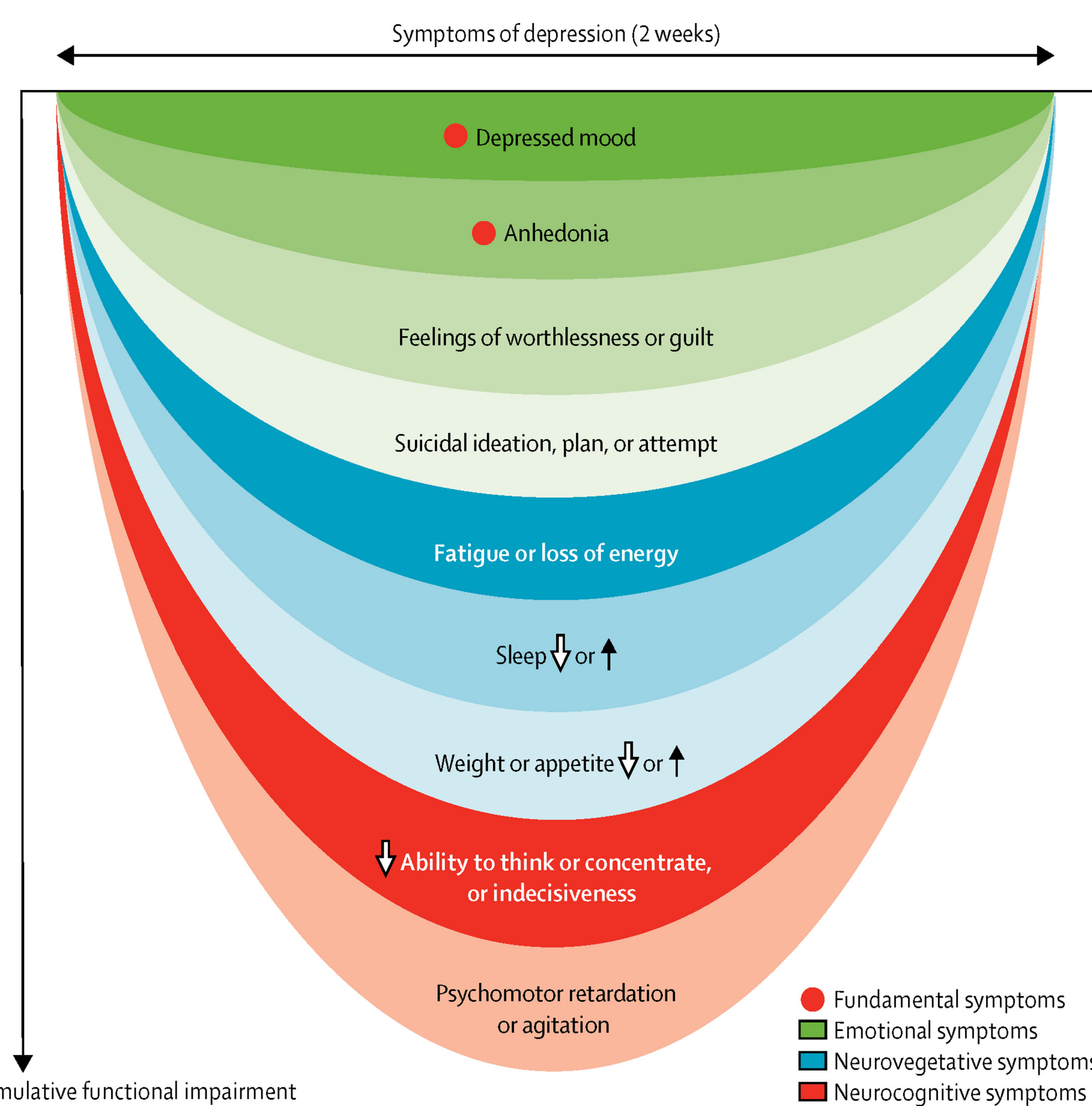
Example of how the scored from the Hospital Anxiety and Depression Scale can be graphed.

## Results

- Findings suggest that those who suffer from anxiety and depression to some extent, are unhealthier than their mentally healthy counterparts.
- These mental health disorders have been known to lower immune systems and the effectiveness of needed medicines for certain conditions.
- Depression is becoming more prevalent, but we do not really understand how it affects the overall health of those who are clinically diagnosed as pre-teens and teenagers.

## References

- Buckner, V., Vella, L., Howard, L., & Mohr, D. C. (2007). Alliance in two telephone-administered: Relationship with Depression and Health Outcomes. *Journal of Consulting and Clinical Psychology*, 75(3), 508–512.
- <http://web.b.ebscohost.com.ezproxy.tntech.edu/host/detail/detail?vid=0&sid=7a9f6eac-73d3-4e74-b740-b2b4a8cd4768%40sessionmgr102&bdata=JnNpdGU9ZWhvc3QlbGl2ZQ%3d%3d#AN=2007-07856-016&db=pdh>
- Carroll, B. T., Kathol, R. G., Russell, N., Wald, T. G., & Clamon, G. H. (1993). Screening for depression and anxiety in cancer patients using the Hospital Anxiety and Depression Scale. *General Hospital Psychiatry*, 15(2), 69–74.
- <https://www.sciencedirect.com/science/article/abs/pii/S01633439390099A>
- Hanson, L. (2002). International Review of Psychiatry. *International Review of Psychiatry*, 14(3), 185–189. <https://doi.org/10.1080/09540260220144966>
- Polikandrioti, M., Goudevenos, J., Michalis, L. K., Koutelekos, J., Kyristi, H., Tzialas, D., & Elisaf, M. (2015). Factors associated with depression and anxiety of hospitalized patients with heart failure. *Hellenic Journal of Cardiology*, 56(1), 26–35.
- <https://www.sciencedirect.com/science/article/abs/pii/S002239990200315X?via%3Dihub>
- Thalen-Lindstrom, A., Glimelius, B., & Johansson, B. (2017). Development of anxiety, depression and health-related quality of life in oncology patients without initial symptoms according to the Hospital Anxiety and Depression Scale—a comparative study. *Acta Oncologica*, 56(8), 1094–1102.
- <https://www.tandfonline.com/doi/full/10.1080/0284186X.2017.1305124>
- Malhi, G. S., & Mann, J. J. (2018, November 2). *Depression*. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31948-2/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31948-2/fulltext).
- Georgianni, Georgia & Polikandrioti, & Babatsikou, Fotoula & Zyga, & Alikari, & Vasilopoulos, Georgios & Grapsa, (2019). Anxiety-Depression of Dialysis Patients and Their Caregivers. *Medicina*, 55. 168. 10.3390/medicina55050168.
- Yung, H. C., Lau, C. S., Tsang, H. H. L., & Chan, C. Y. Y. (2014, October). *Figure 2* [Graph]. Research Gate. [https://www.researchgate.net/figure/Characteristics-of-Hospital-Anxiety-and-Depression-Scale-HADS-and-HADS-A-anxiety\\_fig2\\_266564354](https://www.researchgate.net/figure/Characteristics-of-Hospital-Anxiety-and-Depression-Scale-HADS-and-HADS-A-anxiety_fig2_266564354)
- McGregor, L. M., Flatley, K., Turner-Halliday, F., & O'Carroll, R. (2008, April). *Figure 1* [Bar Graph]. Research Gate. [https://www.researchgate.net/figure/Bar-chart-of-Hospital-Anxiety-and-Depression-Scale-HADS-scores-across-groups-Mean\\_fig1\\_5502926](https://www.researchgate.net/figure/Bar-chart-of-Hospital-Anxiety-and-Depression-Scale-HADS-scores-across-groups-Mean_fig1_5502926)
- Youngson, N. (n.d.). *Depression* [Photograph]. PIX4FREE. <https://pix4free.org/photo/6653/depression.html>



Funnel chart depicting the effects depression can have on a person.

	Patients N(%)	Caregivers N(%)	p-Value
<b>Anxiety</b>			<0.001
Low levels	265 (64.0%)	199 (48.1%)	
Moderate levels	78 (18.8%)	100 (24.2%)	
High levels	71 (17.1%)	115 (27.8%)	
<b>Depression</b>			0.780
Low levels	292 (70.5%)	289 (69.8%)	
Moderate levels	71 (17.1%)	78 (18.8%)	
High levels	51 (12.3%)	47 (11.4%)	

Table representing a description of the Hospital Anxiety and Depression Scale