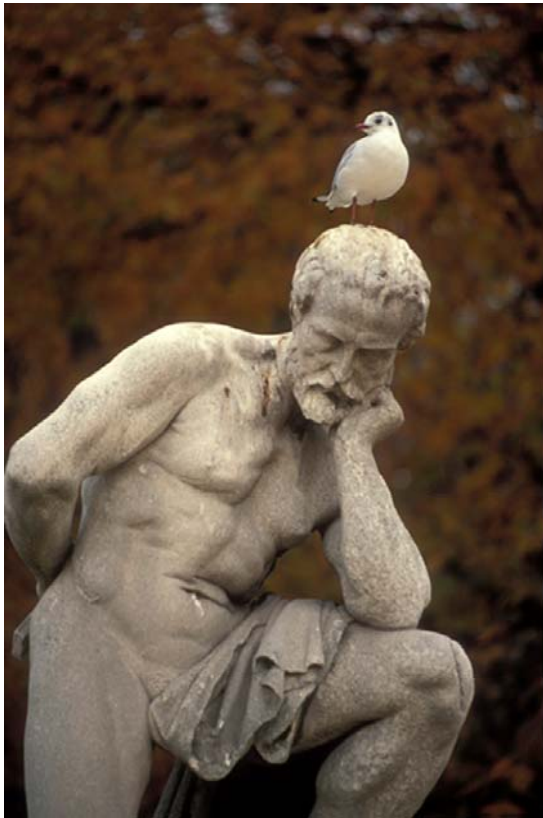




Research to improve health and wellbeing

Mental Health



Our research question

To what extent is the association between physical conditions and psychological distress accounted for by associated physical disability and demographic circumstances?

What counts most:

- ❖ The specific diagnosis?
- ❖ Comorbid diagnoses?
- ❖ Associated disability?
- ❖ Social circumstances?

Julie Byles

on behalf of Sax Institute and beyondblue

Kessler-10

Self Reported Psychological Distress Scale

Psychological Medicine 2002 32:959-976

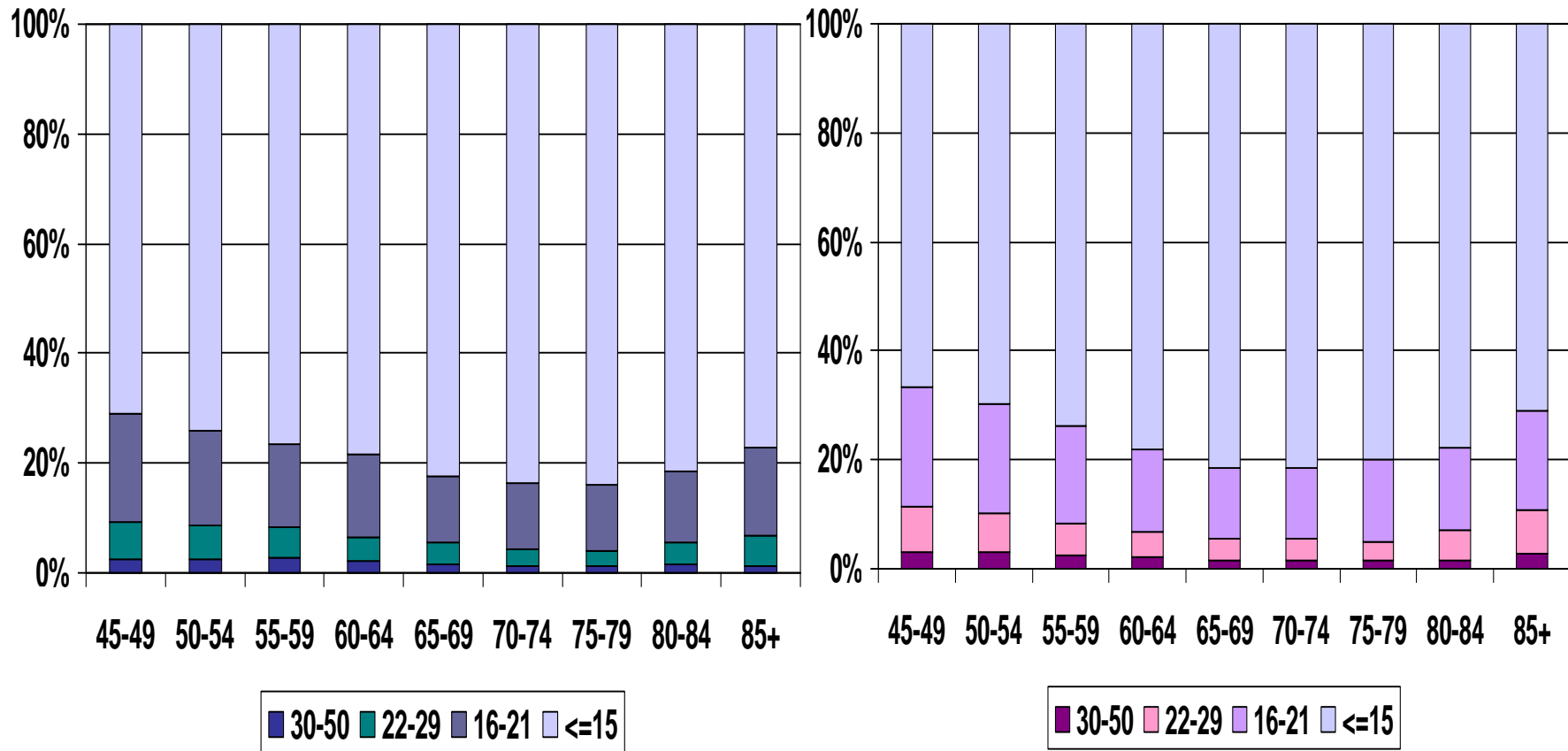
During the past 4 weeks, about how often did you feel?

- Tired out for no good reason
- Nervous
- So nervous that nothing would calm you down
- Hopeless
- Restless or fidgety
- So restless that you could not sit still
- Depressed
- So sad that nothing could cheer you up
- That everything was an effort
- Worthless

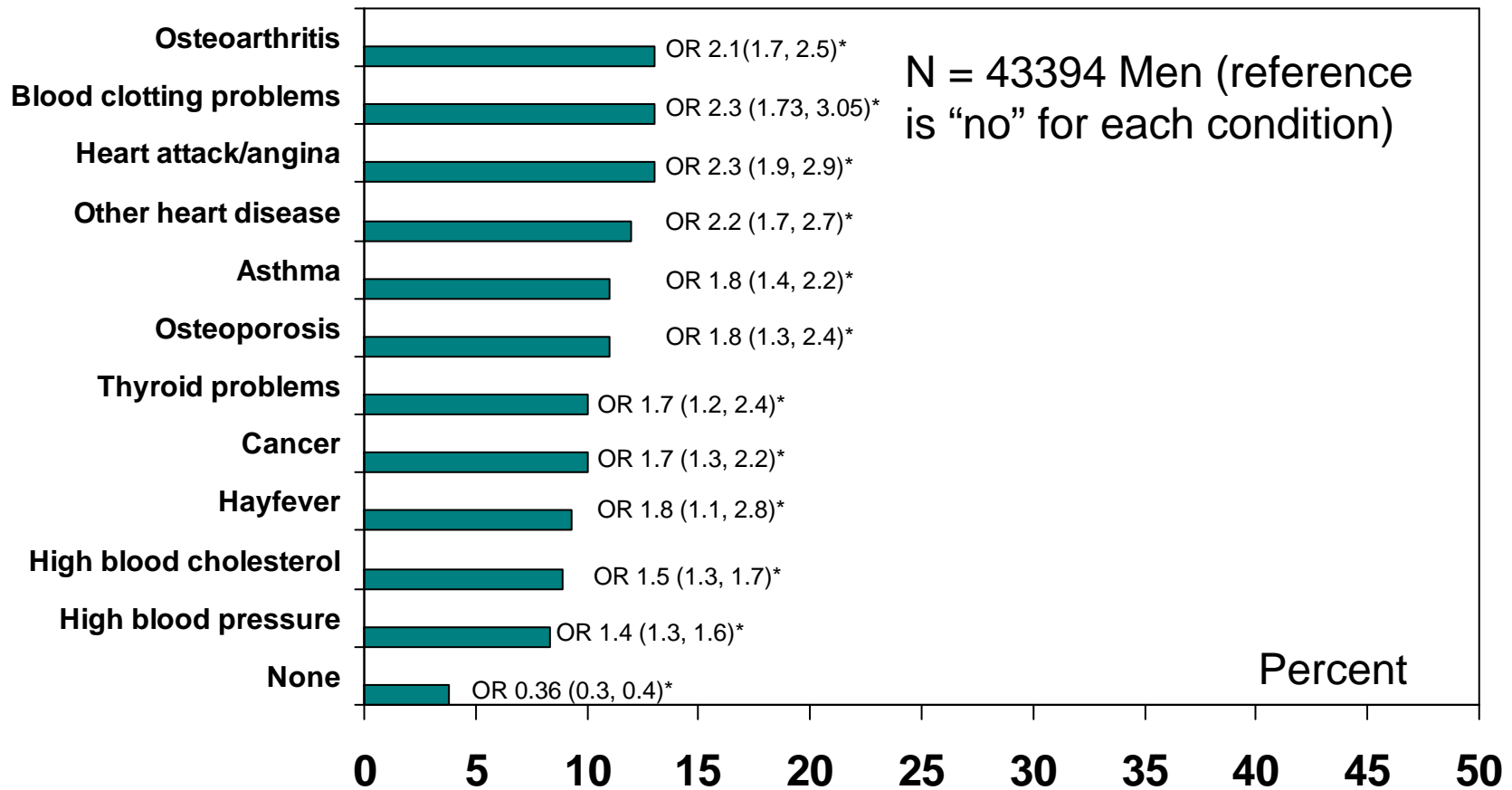
- Screening scale
- Short, easy
- Good precision
- Internal reliability
alpha=0.92
- Equally sensitive across subsamples
- Criterion validity (Global Assessment Functioning)

K-10 scores by age

N = 43394 Men N = 46180 Women



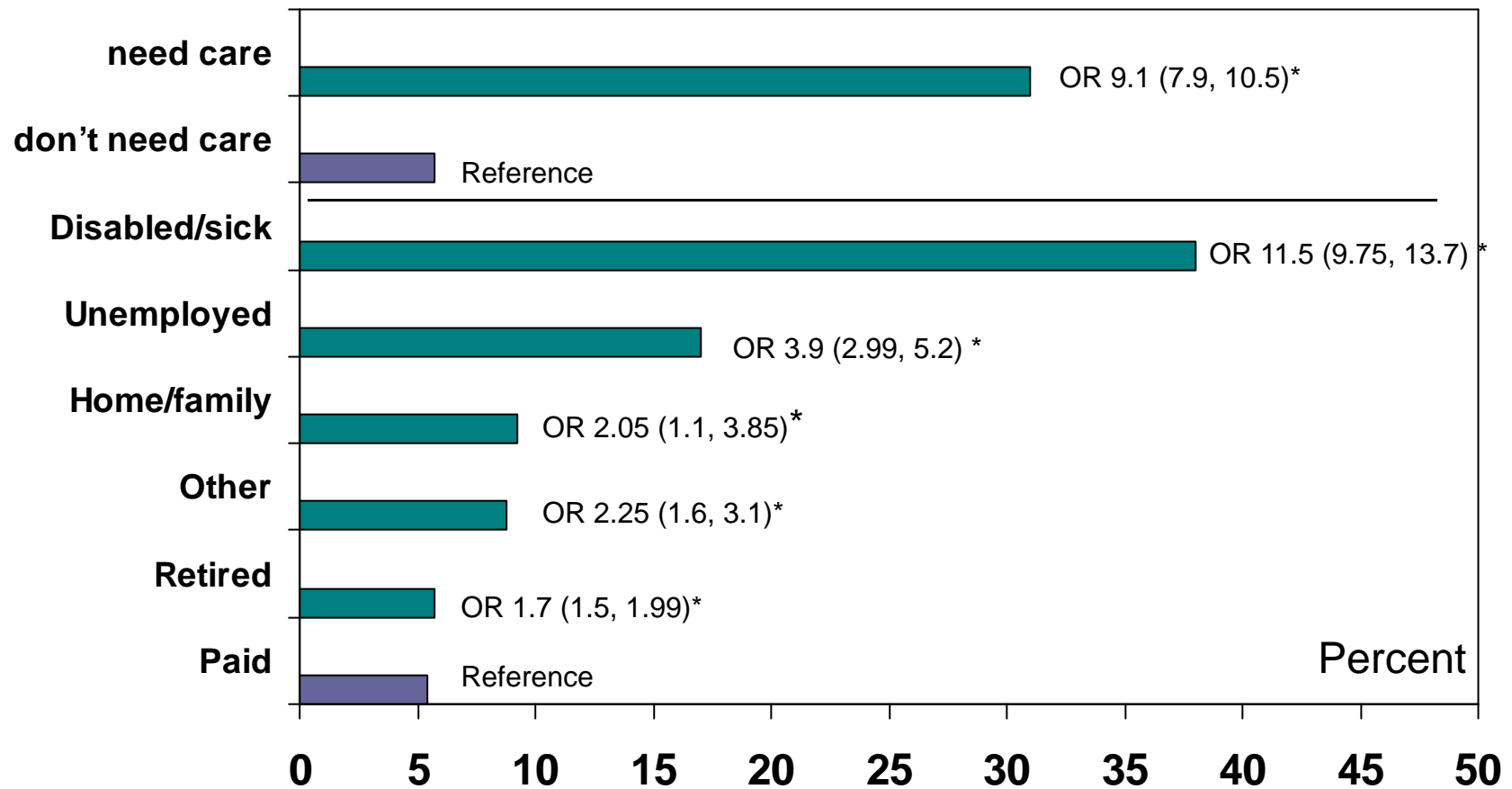
Very/high Psychological distress and comorbid physical conditions



* OR (99%CI) adjusted for age, marital status, education, income and language

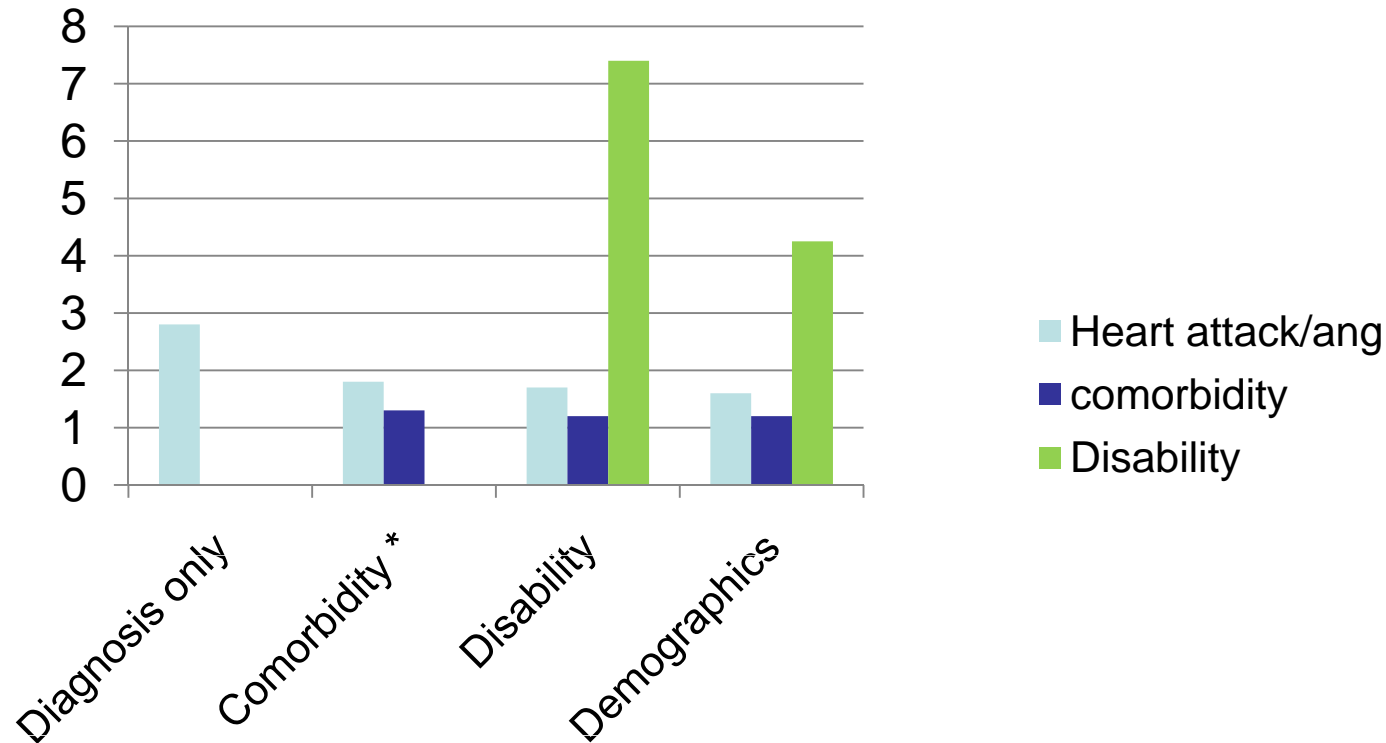
K-10 scores (>22) by employment status and disability

N = 43394 Men



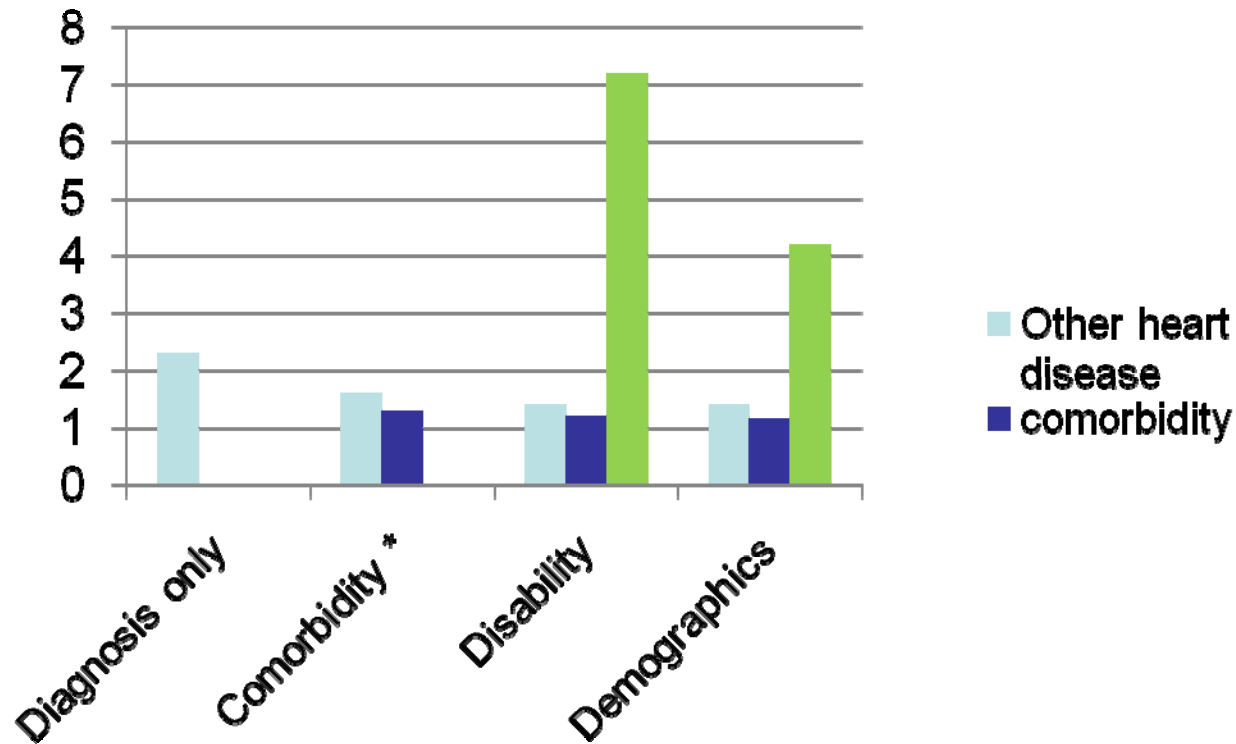
* OR (99%CI) adjusted for age

Separating effects of heart attack/angina and accounting for other conditions, disability, and socioeconomic circumstances (men)



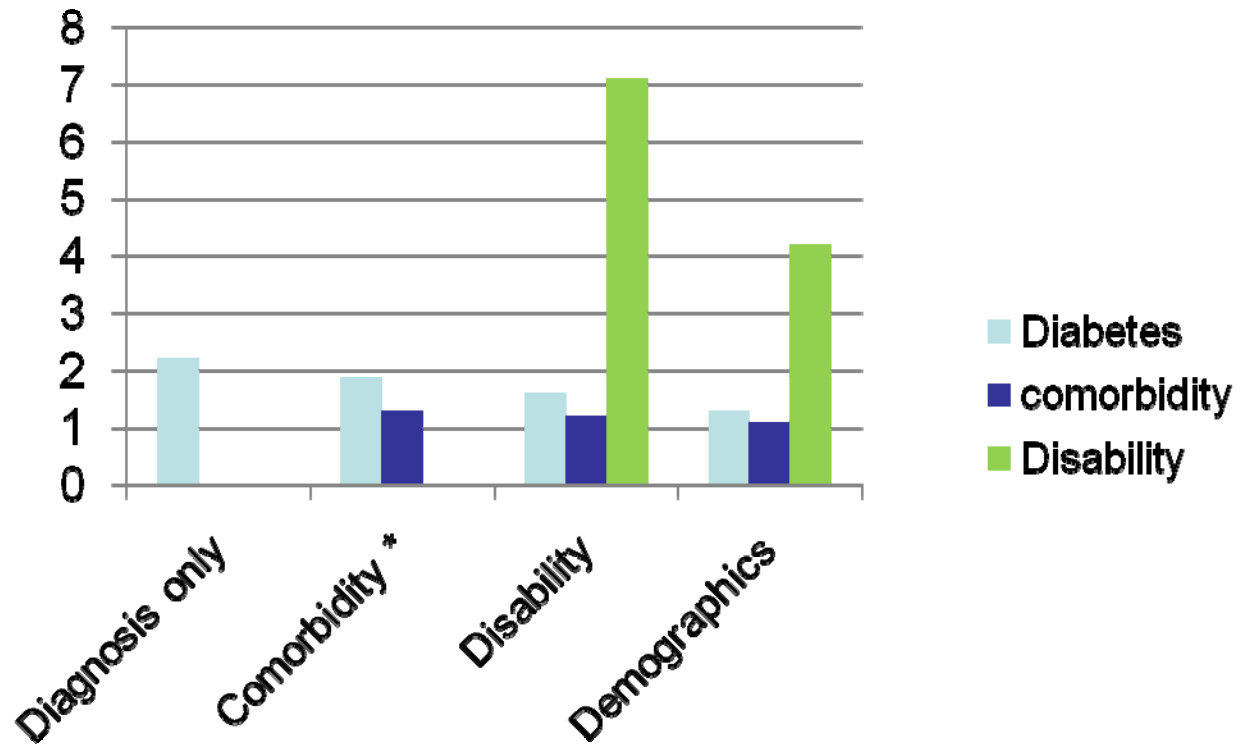
- Bars show the odds ratio for having very/high K-10 scores
- Comorbidity scores = sum of gender and condition specific weights assigned according to association between each (other) condition and very/high K-10 scores

Other heart disease: accounting for other conditions, disability, and socioeconomic circumstances (men)



- Bars show the odds ratio for having very/high K-10 scores
- Comorbidity scores = sum of gender and condition specific weights assigned according to association between each (other) condition and very/high K-10 scores

Diabetes: accounting for other conditions, disability, and socioeconomic circumstances (men)



- Bars show the odds ratio for having very/high K-10 scores
- Comorbidity scores = sum of gender and condition specific weights assigned according to association between each (other) condition and very/high K-10 scores

Stroke: accounting for other conditions, disability, and socioeconomic circumstances (men)



- Bars show the odds ratio for having very/high K-10 scores
- Comorbidity scores = sum of gender and condition specific weights assigned according to association between each (other) condition and very/high K-10 scores

Interpretation

- There is an association between a number of physical diagnoses and psychological distress
- Some of this association is due to the specific (index condition)
- Some of this association is due to other comorbid conditions
- There is a stronger association between disability and psychological distress
- Some of this association is due to socioeconomic circumstances (eg. Employment status, income, marital status)
- Few gender differences