

PARKINSON'S DISEASE SYMPOSIUM
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Brief Overview of Mental Health Therapy in Parkinson's Disease

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Outline

PRESENTATION
FLOW



Overview of Mental Health Treatment
Cognitive Behavioral Therapy
Acceptance & Commitment Therapy
Biofeedback



Depression	33%
Anxiety	25-50%
Apathy	33%
Sleep disorders	64%
Psychosis	50%

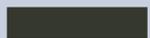
Prevalent Psychiatric Symptoms in PD

REIJNDERS ET AL., 2008; REIDEL ET AL., 2010; DISSANAYAKA ET AL., 2010; SOULAS ET AL., 2008; BARONE ET AL., 2009



61%

of PD patients report at least **1**
neuropsychiatric symptom





Reduced health-related quality of life

Reflects an individual's experience of PD and effects of the disease and consequences on daily life

Increased risk for physical disability and decline in functional status

Increased caregiver burden and stress

Impact of Anxiety & Mood Symptoms



Medications

Benefit varies individually
depending on symptom target
Potential side effects



Social support

Activities with friends and family



Regular exercise



Complementary Therapies

Ex: acupuncture, supplements



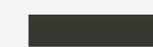
Balanced nutrition



Mental health therapy

Establishing treatment with a
therapist

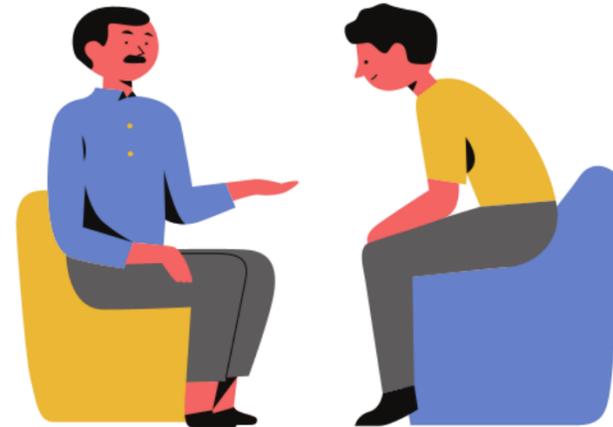
Symptom Management Approaches



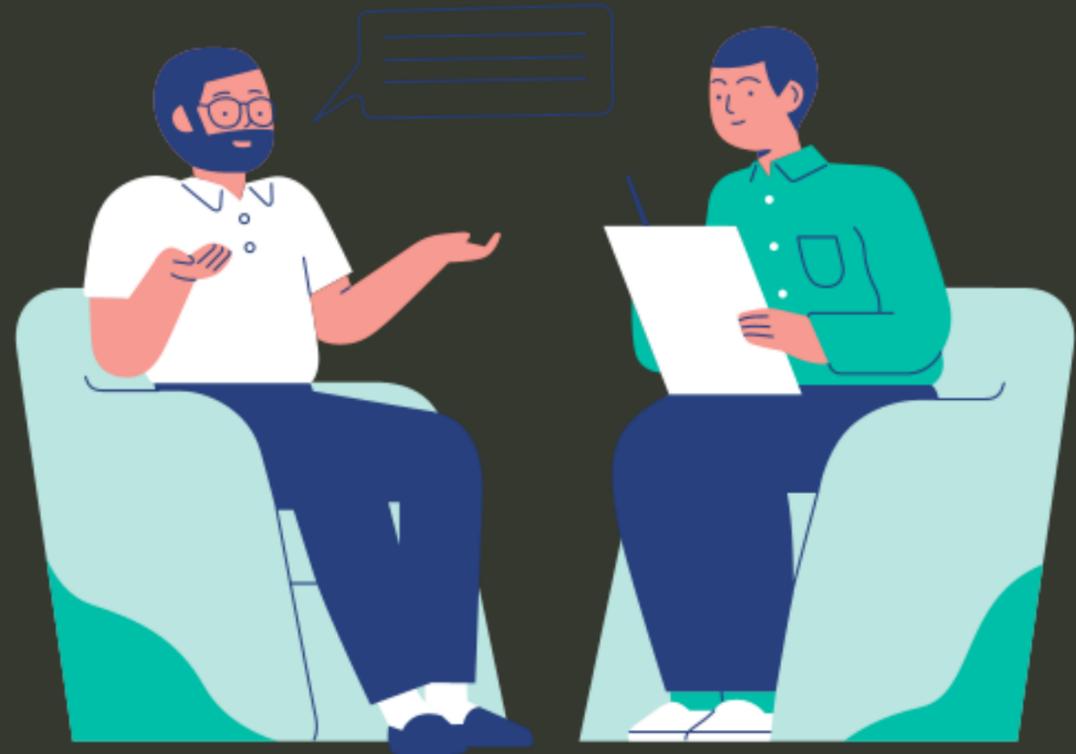


What is Mental Health Therapy?

"Talk therapy" aimed at understanding upsetting thoughts, emotions, and behaviors with a licensed mental health provider.

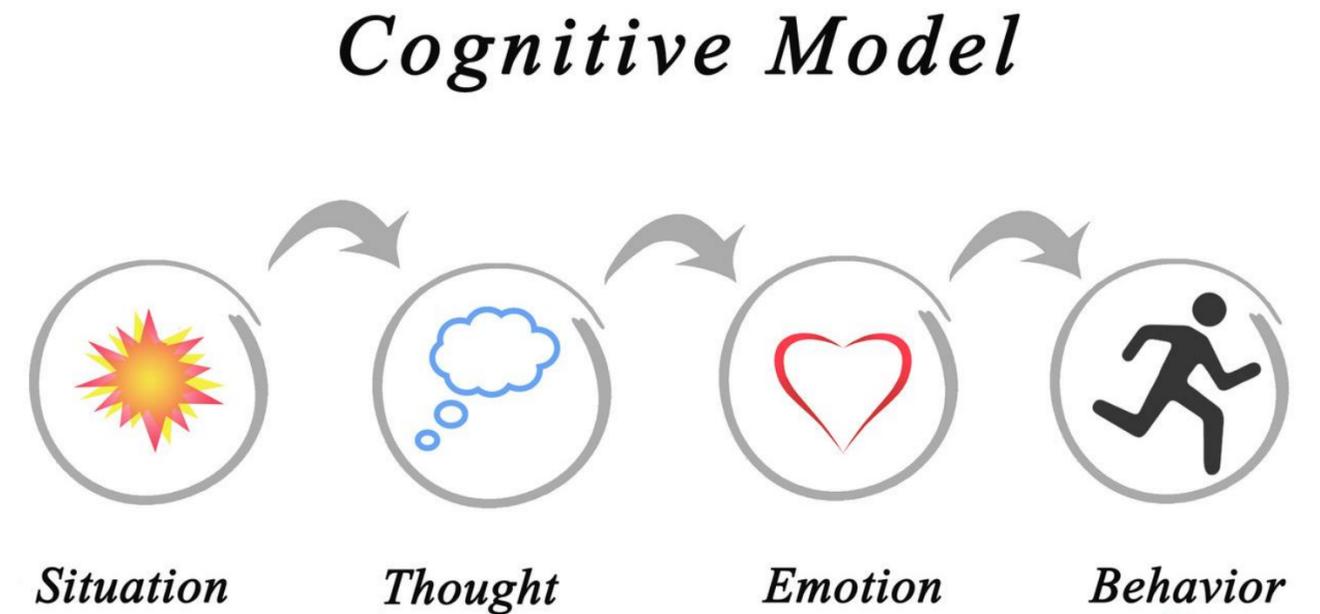


Diverse array of techniques to promote **healthy behaviors, communication, relationships, problem-solving**, and effective management of **mood symptoms**.



What is Cognitive Behavioral Therapy?

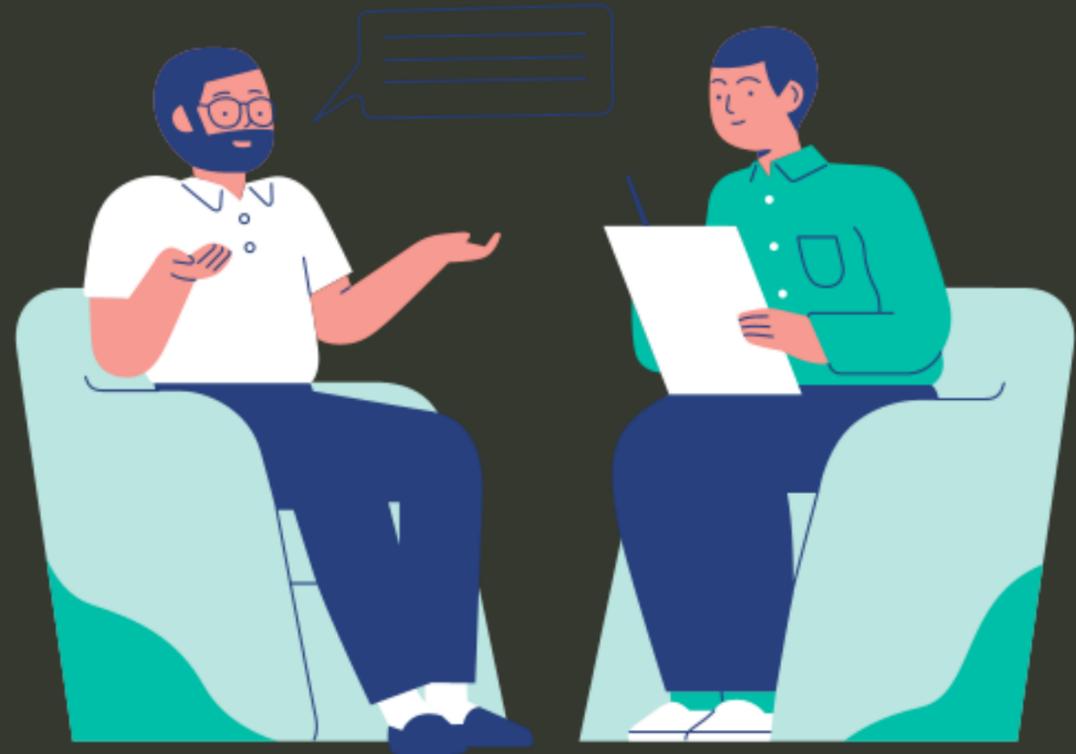
Form of treatment
aimed at
understanding
upsetting thoughts,
emotions, and
behaviors



What does CBT look like in practice?

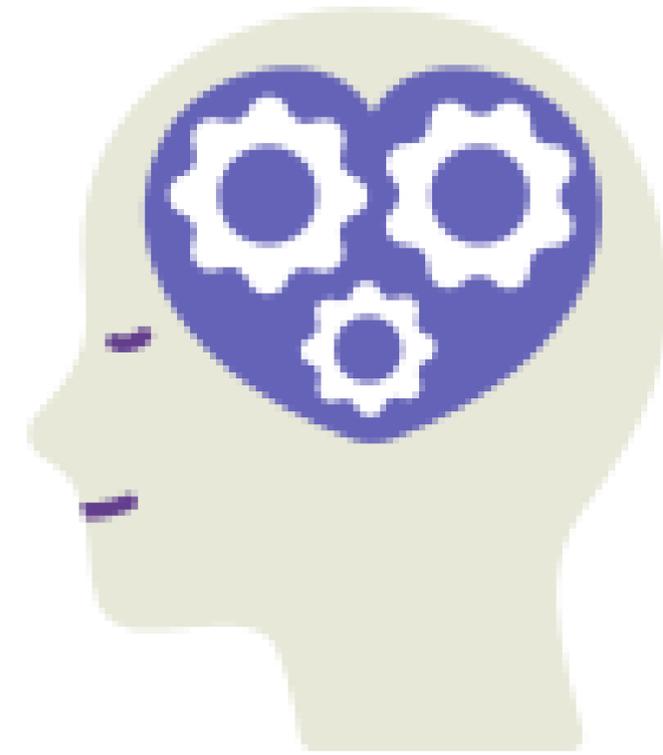
- Emphasis on current life > past life
- Capturing unhelpful thoughts
- Examining and understanding unhealthy patterns of behaviors
- Learning problem-solving skills
- Stress management skills to calm bodily reactions
- "Homework" assignments in between sessions





What is Acceptance & Commitment Therapy?

Form of treatment aimed at **embracing** upsetting thoughts and emotions while learning to practice self-acceptance



mindfulness-based
therapy



What is Biofeedback Therapy?

Form of treatment aimed at **learning how to control** unconscious or involuntary bodily processes through real-time feedback



What does Biofeedback look like in practice?

- Connected to electrical sensors during a clinical visit to help you learn how to increase control of your body with real-time feedback (usually visual).



Heart Rate



Skin conductance (sweating)



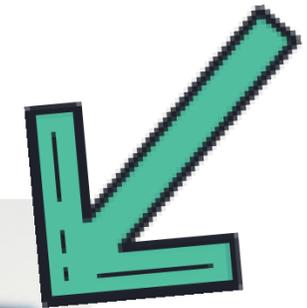
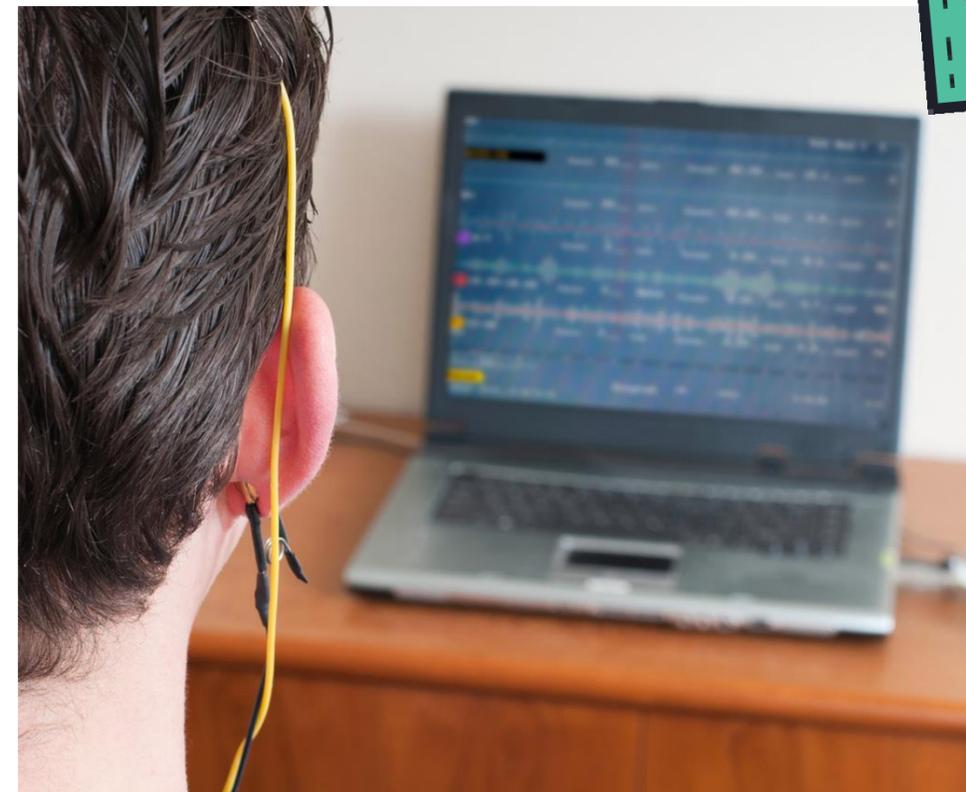
Breathing rate



Temperature



Muscle contractions



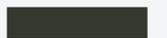


**When should you
consider Mental
Health Therapy?**

Anytime!

1ST STEP: START A CONVERSATION WITH YOUR MEDICAL PROVIDER

They can begin to help guide assessment and provide recommendations for mental health providers



Symptoms to Monitor

Sad mood

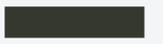
Sleep problems

Reduced/lack of interest

Thoughts of death

Chronic worry

Fatigue



Normal or Clinically Significant?

Persistent

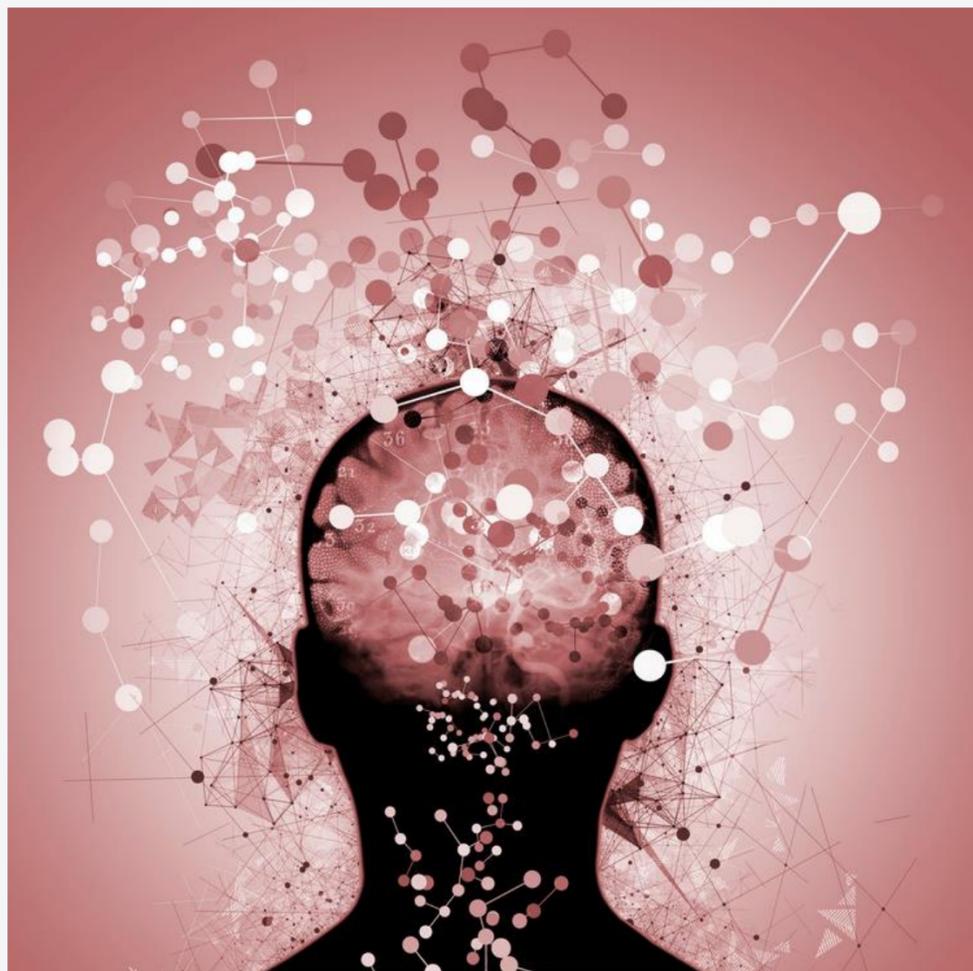
Greater than expected for situation

Interference with daily activities

Family observations



**What do I expect
in Mental Health
Therapy?**



Assessment of emotional symptoms and functioning

Interplay between biology of PD and external stressors

Treatment expectations & goals

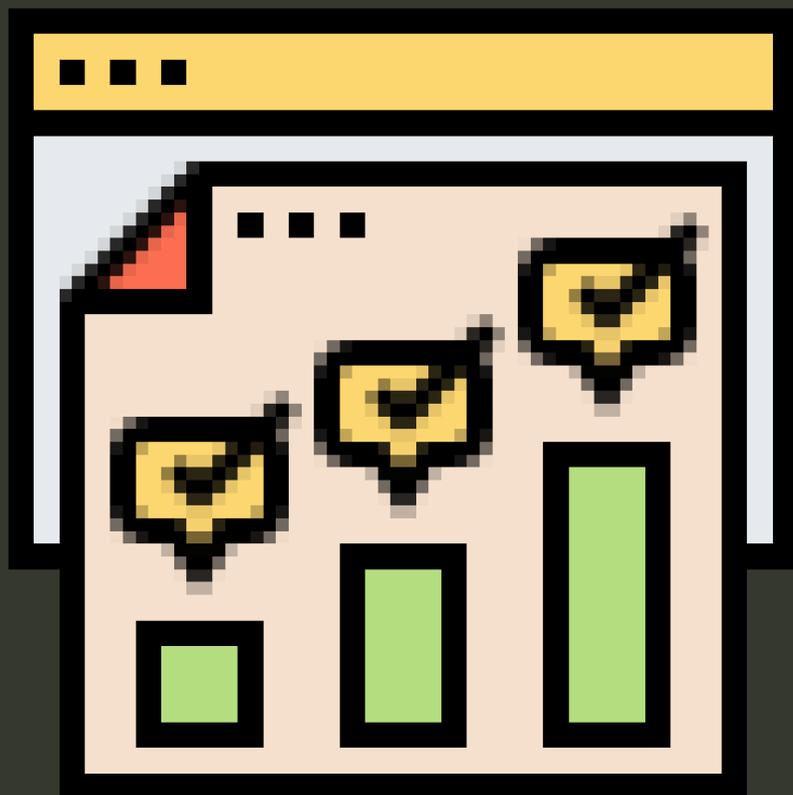
Explore preferences for focus of treatment

Determine match with therapist

Length of treatment

Family member involvement

Starting Treatment



Can Mental
Health Therapy
improve
outcomes?



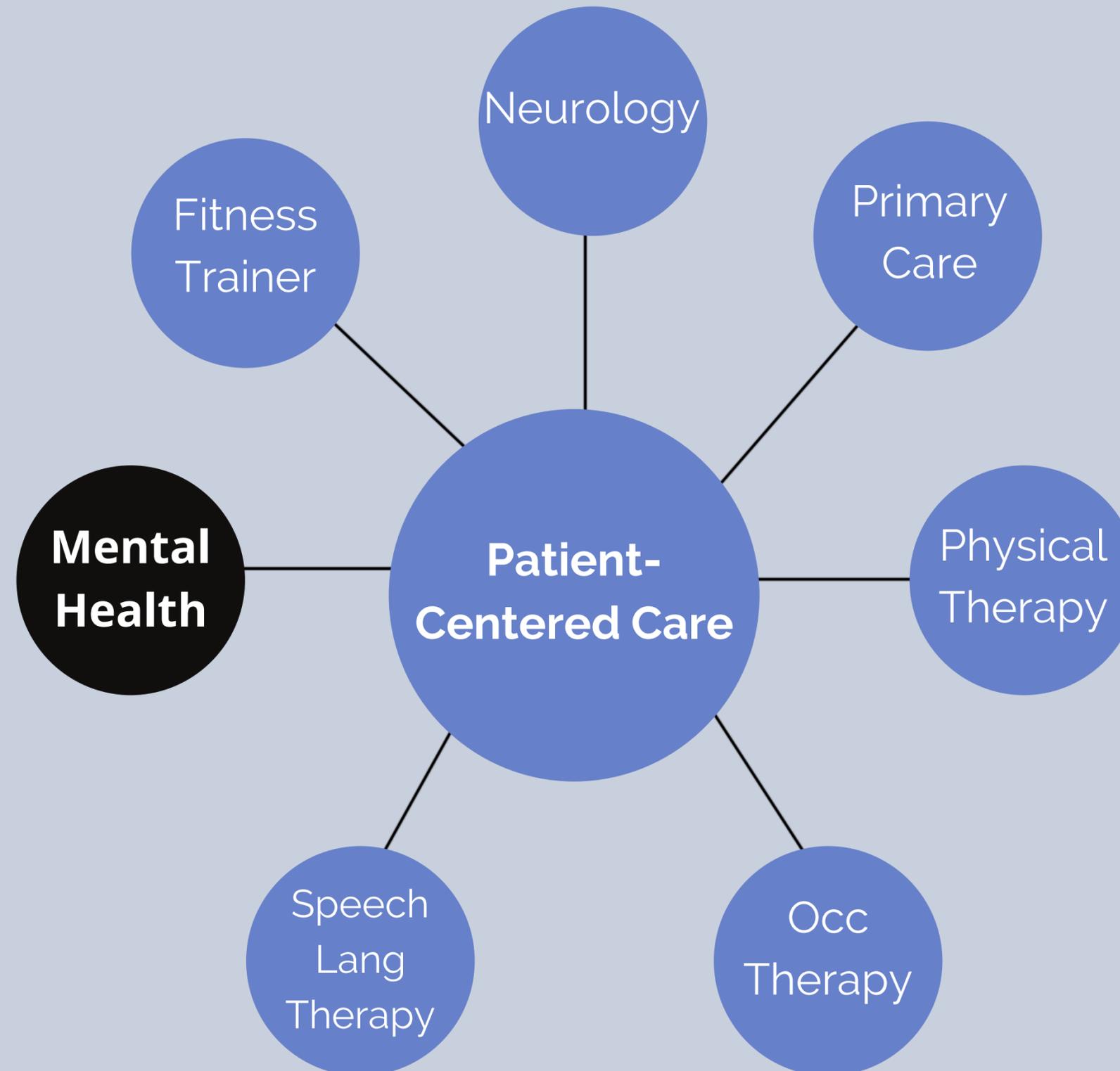
RESEARCH INDICATES THERAPY CAN LOWER ANXIETY AND DEPRESSION SYMPTOMS

Cognitive Behavioral Therapy

Acceptance and Commitment Therapy



Mental Health is part of Comprehensive PD Care



Untreated mood symptoms can negatively affect quality of life and physical health.

Mental health treatments provides an effective non-medication option for improving quality of life while living with PD.

Routine mental health check-ups are a vital part of comprehensive PD care.



Summary