



Pearson

# The Mind's *Eye*



Issue 12

# How Mental Health Affects Physical Health Conditions

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In many cases the severity of certain medical conditions make them the primary and initial focus of intervention, however, as one begins to explore the research and studies surrounding this topic it becomes clear that mental and physical health issues often overlap.

## The Research Behind Comorbidity

Depression is commonly identified alongside a variety of medical conditions. Egede (2007) conducted a meta-analysis of studies of depression in patients with chronic medical disorders. By combining several studies, Egede was able to clearly show how frequently these chronic health conditions occur with depression.

The 12-month prevalence and age/sex-adjusted odds of major depression by chronic conditions were as follows:

Condition	Prevalence	Odds Ratio
Endstage renal disease	17.0%	3.56
Chronic obstructive pulmonary disease	15.4%	3.21
Stroke or cerebrovascular accident	11.4%	3.15
Diabetes mellitus	9.3%	1.96
Coronary artery disease	9.3%	2.30
Hypertension	8.0%	2.00
Any chronic condition	8.8%	2.61
Congestive heart failure	7.9%	1.96

The co-occurrence of depression with these chronic medical conditions notably affected the everyday lives and overall ability to function of the patients with comorbid depression more than those who were only affected by the medical condition. Ambulatory visits, emergency room visits, and functional disability were all significantly increased for those who had comorbid depression.

Egede concludes that the “12-month prevalence and odds of major depression are high in individuals with chronic medical conditions, and major depression is associated with significant increases in utilization, lost productivity, and functional disability” (2007). Additionally, the increased utilization of the health care system also increases the financial burden on all parties involved. Ultimately, the study highlights the importance of assessing chronically ill patients for depression.

## A Solution

Psychological factors often go undetected in the care of patients with chronic health conditions, even though they can significantly interfere with a patient’s response to treatment. Globally assessing for depression, anxiety, and other mental health conditions is an effective way of identifying issues that may interfere with medical care and meeting evidence-based medical treatment guidelines.

Pearson is dedicated to providing the mental health solutions you need to treat the whole patient. For more information on resources and products, please visit

[www.pearsonclinical.in](http://www.pearsonclinical.in)

Egede, L. E. (2007). Major depression and chronic medical conditions: Prevalence, correlates and association with health resource utilization, lost productivity and functional disability. *General Hospital Psychiatry*, Vol 29(5), Sept-Oct, 409-416. doi: <http://dx.doi.org/10.1016/j.genhosppsy.2007.06.002>



# Professional of the month

## Mr. Atul Madan

*"A musician must make music, an artist must paint, a poet must write if he is to be ultimately at peace with himself. What a man can be, he must be. This need we may call self-actualization."* — **Abraham H. Maslow**

Mr. Atul Madan graduated in B.Sc. (Radiology) with additional diplomas in Pathological & Radiological diagnostic domains, along with an MBA in Hospital Management. He worked in medical set-ups on administrative posts and later came into the field as an entrepreneur and for many years successfully worked in the field of Print & Publishing industry. He was driven by an internal force to understand and work on human psychology. This desire took the form of a fierce passion which led him to take the toughest decision of his life where he decided to wind up his well-settled business and decided to study Psychology at the age of 40.

Mr. Madan had a prolific academic progression thereafter. He accomplished his masters in Applied Psychology and the M.Phil. in Clinical Psychology. His list of achievements includes - clearing UGC-NET, University Roll of Honor for excellent academic performance during post-graduation, recipient of prestigious Shri Baljit Shastri Award for Best in Human and Traditional Values conferred by Amity University.

Currently, Mr. Madan is an International Affiliate Member of American Psychological Association (APA), Life Member of Indian Association of Clinical Psychologists (IACP), and Member of Board of Studies - KMV - an autonomous college.

During his M.Phil and as an intern, he got the opportunity to catch clinical exposure in various esteemed institutes, including NIMHANS, VIMHANS, IMHH, AFCME, DPC, NIMH, AFA. He has an intense desire of getting acquainted with the latest advancements, hence still keeps attending various workshops and conferences at different places and on different sub-domains of his subject areas. This has helped him in emerging as a versatile professional. He is an RCI registered Clinical Psychologist and is presently working as HOD,

Department of Clinical Psychology, NHS Hospital, Jalandhar (Punjab).

Mr. Madan is adept in handling all sorts of psychological disorders, interpersonal relationship issues and cases of substance abuse etc. He has special interests in psychometry; currently pursuing his PhD in Rorschach and working on developing/validating OBS index on Indian population; and is highly skilled in psycho-diagnostics, neuropsychological, intellectual and learning disability assessments. His areas of strength also include Clinical Hypnotherapy and ACT (Acceptance & Commitment Therapy).

Mr. Madan generally says that if the client is not showing positive outcomes, it's not the client's fault, but it shows that he himself as a therapist is lacking somewhere. This makes him work with utmost fervor with his clients and this sincere attitude results in high success rates in the therapeutic process.

Mr Madan often asserts that "Knowledge is Confidence". His thirst for knowledge is immense and ceaseless. His passion is not only limited to gaining knowledge but is in disseminating it too. He keeps conducting workshops, internship-modules, and orientation programs on Psychology for college students and school teachers. He always states that "first apply - then supply".

He is a great source of inspiration for all aspiring psychology students. He is a practical proof that one can chase and fulfill his dreams at anytime, at any age and at any cost; what you all need is an immense passion, dedication, and determination.

**Mr.Madan can be reached at  
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