



Internalizing Disorders in Pediatric
Nephrology Population

2018 ASPN MULTIDISCIPLINARY
SYMPOSIUM

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Mental Health in Pediatric Nephrology Patients

- What are some of your experiences?
- What kind of symptoms or disorders are most common?
- How does it impact medical care?
- What does research say?



Internalizing disorders of childhood and adolescence

Mood Disorders

- Major Depressive Disorder
- Dysthymic Disorder
- Bipolar I Disorder
- Bipolar II Disorder

Anxiety

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Separation Anxiety Disorder
- Specific Phobias
- Panic disorder

Adjustment disorders

- w/ anxiety, w/ disruption of mood, w/ disruption of behavior

Quality of Life



Mood Disorders in Pediatric Population

- Kidney transplant recipients report significantly higher mean BDI score than healthy controls (Enden et al, 2018)
- Children with CKD have higher frequency of clinically significant depression compared to healthy counterparts (Moreira et al., 2015)
- 10.3% children pre-dialysis and on hemodialysis report depression and 18.4% report adjustment disorder with depressed mood (Bakr et al. 2007)
- In adult studies, depression is prevalent in 40.8% hemodialysis patients (Semaan et al., 2018)



Anxiety disorders in pediatric population

- CKD children have higher scores for separation anxiety than healthy counterparts (Moreira, et al., 2015)
- Children (8-12) on HD have significantly higher level of anxiety-state compared to PD and other treatments, both state and trait anxieties are higher in adolescents (13-18) on HD
 - Correlation between anxiety-state and duration of disease as well as number of hospitalizations.
- PD adolescents have higher anxiety state and trait if in mainstream education compared to home schooled patients
- PTSD- 16% of adolescents met all symptom criteria for PTSD and 14.4% met 2 of 3 symptom cluster criteria (>1 year post-kidney, heart, or liver transplant; Mintzer, 2005)
- 39.6% of adult hemodialysis patients have anxiety (Semaan et al., 2018)



Poor Quality of life

- Quality of life among children on HD lower than in healthy children
 - Children rate their QOL higher than their primary caregivers
- Young men who received kidney transplant in childhood have significantly lower HRQOL than healthy controls and controls with childhood chronic disease
- CKD children have overall lower QOL scores and poorer scores for the psychological, educational, and social subscales (Moreira et al., 2015)



Correlates of Poor Psychosocial Outcomes

- Low socioeconomic status
- Age
- Duration of treatment
- Severity of disease
- Type of Treatment
- Social support
- Family environment, number of siblings



Screening and diagnosis

- Does your institution routinely use screening and diagnostic tools?
- What are the settings these tools are used in?
- When do you use them?
- Are they evidence-based and empirically validated?



Screening and diagnosis: Empirically validated measures

- General measures of emotional/behavioral functioning
 - Child Behavior Checklist, Youth Self Report, Teacher Report Form
 - Behavior Assessment Scale for Children- Self, Parent, Teacher
 - Symptom Checklist-90
- Semi-structured interviews
 - Anxiety Disorders Interview Schedule for DSM 5
 - Structured Clinical Interview for DSM-5
 - Kiddie Schedule for Affective Disorders and Schizophrenia



Screening and diagnosis: Empirically validated measures

- Mood Disorders
 - CDI-2
 - BDI-II
 - PHQ-9
- Anxiety
 - GAD
 - SCARED
 - MASC
- Quality of life
 - PedsQL
- Suicide Probability Scale



Interventions

- Do you have a behavioral health provider who can treat these symptoms?
- Do you have access to behavioral health providers in your area?
- What is the referral process?
- What are some common barriers?
- Are the interventions offered/provided evidence-based?



Interventions: EBTs

- Cognitive Behavioral Therapy
 - Coping Skills
 - Relaxation
 - Cognitive restructuring/challenging
 - Behavioral activation/exposure



Interventions: EBTs

- Dialectical Behavior Therapy
 - Mindfulness
 - Emotion regulation/coping skills
 - Acceptance
 - Adaptive skills



Interventions: EBTs

- Acceptance and Commitment Therapy
 - Mindfulness
 - Acceptance of things you can't change
 - Commitment to making the best of it





Thank you!

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