Internalizing Disorders in Pediatric Nephrology Population

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2018 ASPN MULTIDISCIPLINARY SYMPOSIUM

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 then 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

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### 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

- 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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