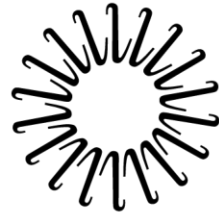


Pulmonary Disease and Depression



Lifespan Cardiovascular Institute

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

Center For Cardiac Fitness
Pulmonary Rehab Program
The Miriam Hospital

Signs and symptoms

- Depressed mood
- Loss of pleasure
- Poor concentration
- Feelings of worthlessness/Excessive Guilt
- Sleep Difficulties
- Appetite Increase or Decrease
- Fatigue
- Psychomotor agitation or retardation
- Suicidal thoughts (require immediate attention):call 911 or go to ER

How common is depression in COPD patients?

- 40 %

Negative thoughts

- Negative triad:
- Negative view of self
- Negative view of world
- Negative view of future

Negative Triad

- I am an idiot for smoking so long
- Life is awful. I can't do anything.
- E verything will just get worse.

Treatment Options

- Psychotherapy
- Medication
- Combination of Psychotherapy and Medication

Psychotherapy

- Cognitive Behavioral Therapy
- Examines and Adjusts Thinking Patterns
- Prescribes Behavioral Strategies

Behavioral Strategies

- Increase Pleasurable Activities
- Behavioral Activation
- Exercise
- Assertive Communication