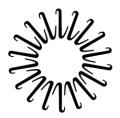
Pulmonary Disease and Depression



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