



Sint Maartenskliniek

How to deal with psychological issues?



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Appearance self-esteem in systemic sclerosis—subjective experience of skin deformity and its relationship with physician-assessed skin involvement, disease status and psychological variables

H. Teunissen¹ and F. H. J. van den Hoogen^{1,2}

...nity in systemic sclerosis (SSc) relative to other disease stressors and to find after controlling for disease status.

Addressing patient health care demands in systemic sclerosis: pre-post assessment of a psycho-educational group programme

L. Kwakkenbos¹, S.J.M. Bluysen¹, M.C. Vonk², A.F. van Helmond¹,
C.H.M. van den Ende¹, F.H.J. van den Hoogen¹, W.G.J.M. van Lankveld¹

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ABSTRACT

Objective. Patients diagnosed systemic sclerosis (SSc) report a

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Journal of Psychosomatic Research



Disease-related and psychosocial factors associated with depressive symptoms in patients with systemic sclerosis, including fear of progression and appearance self-esteem

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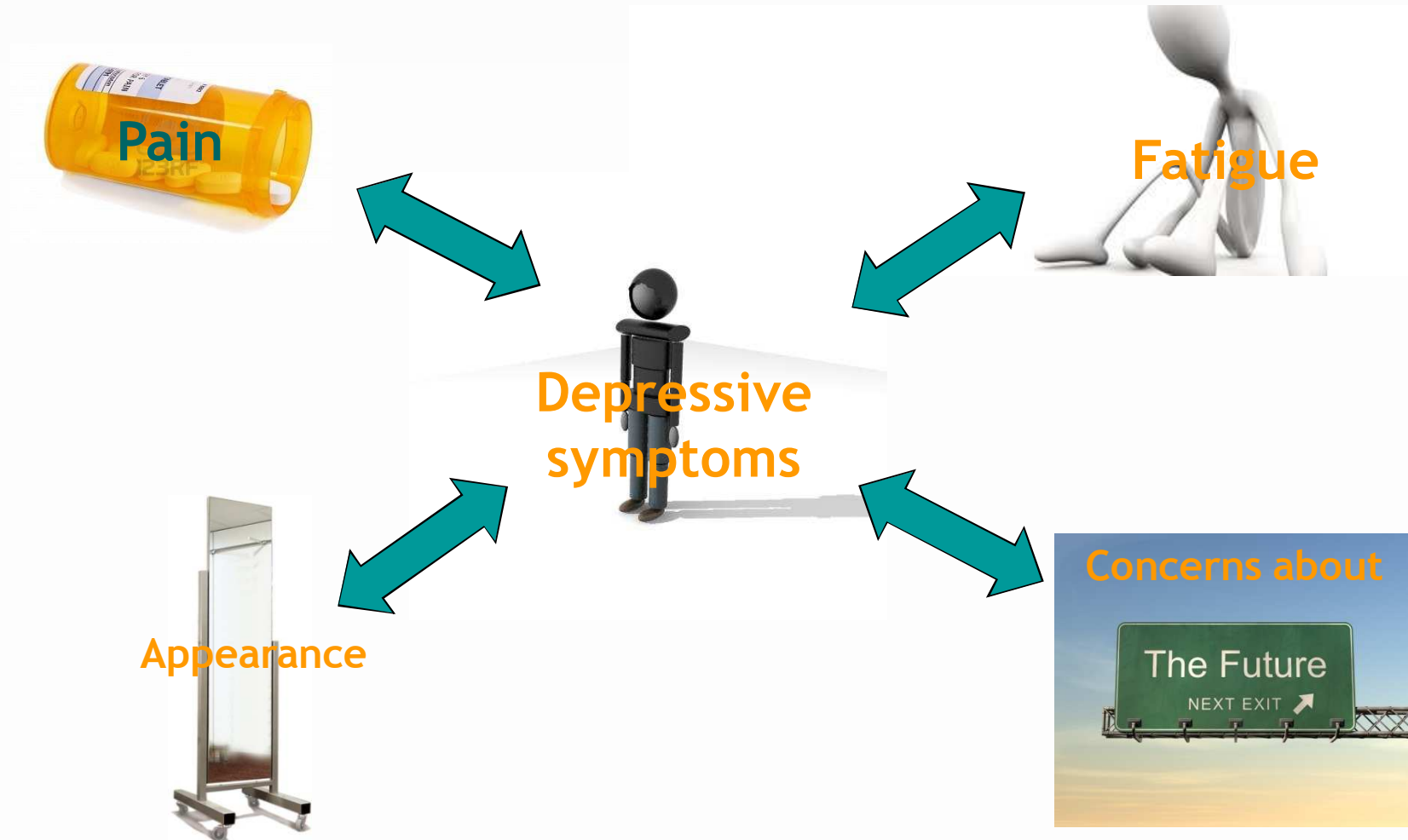
“Scleroderma Framed”



Background



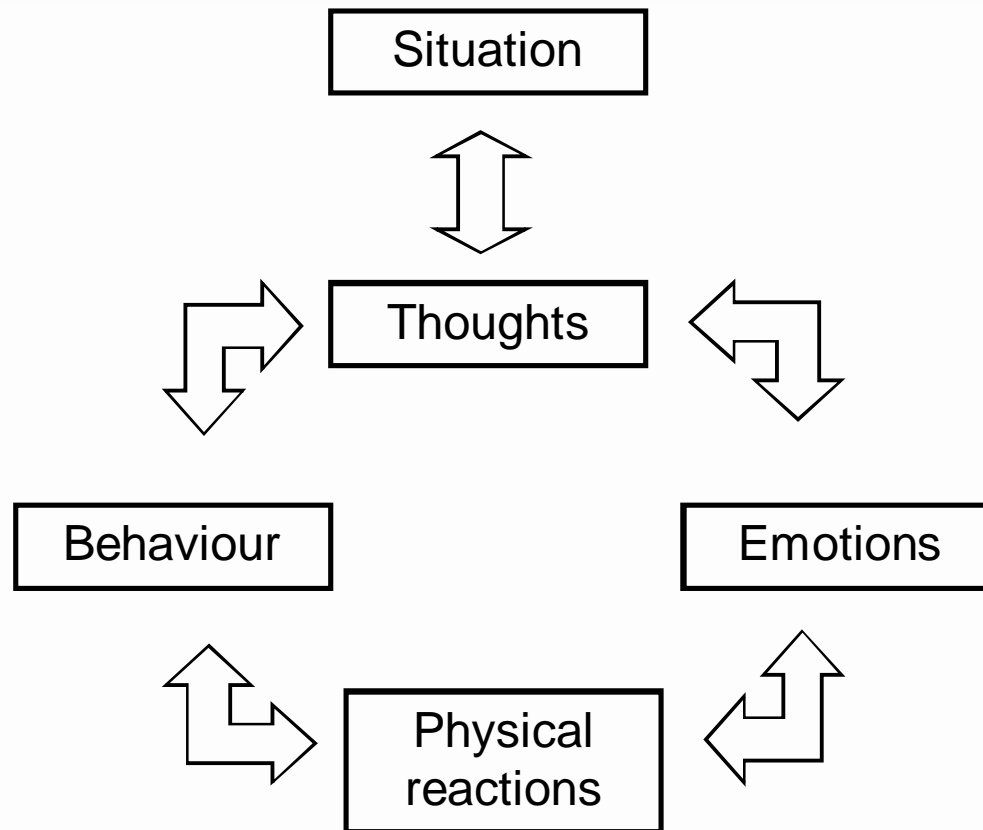
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Cognitive-behavioural model



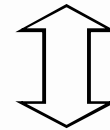
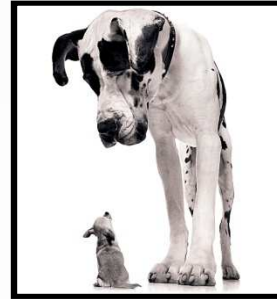
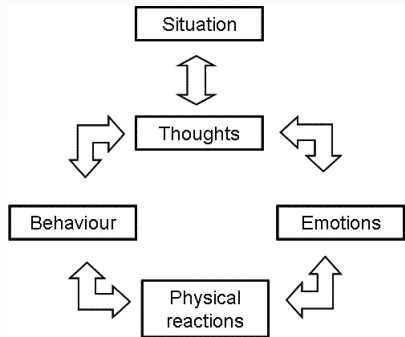
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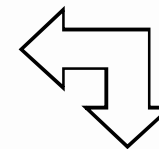
Cognitive-behavioural model



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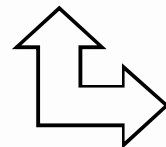


Oh, this dog will bite me!

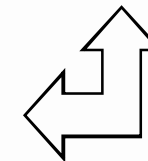


Fear

Crossing the street



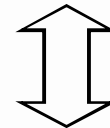
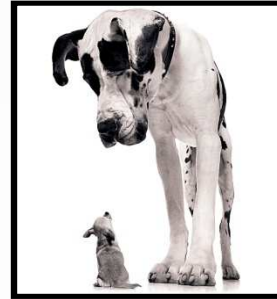
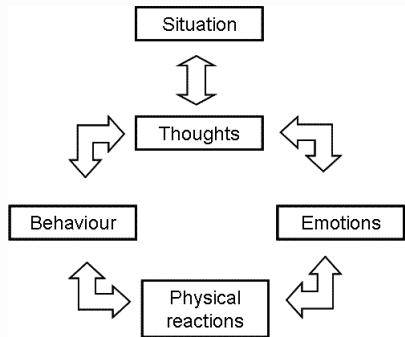
Physical arousal



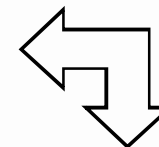
Cognitive-behavioural model



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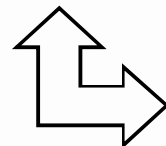
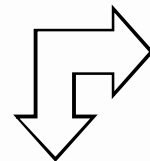


What a sweet dog!

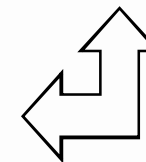


Happy

Petting the dog



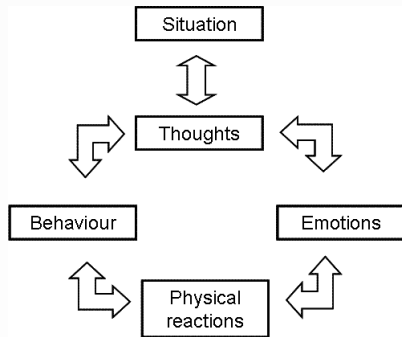
Physical relaxation



Cognitive-behavioural model



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→ How you **think** influences how you **feel** and how you **react**



Cognitive Behavioural Therapy



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Step 1)

What are (unhelpful) patterns of thoughts, emotions and behaviour

Step 2)

Investigate whether these thoughts and patterns are true and/or helpful

Step 3)

Formulating alternative, helpful *thoughts* (helpful cognitions)

Step 4)

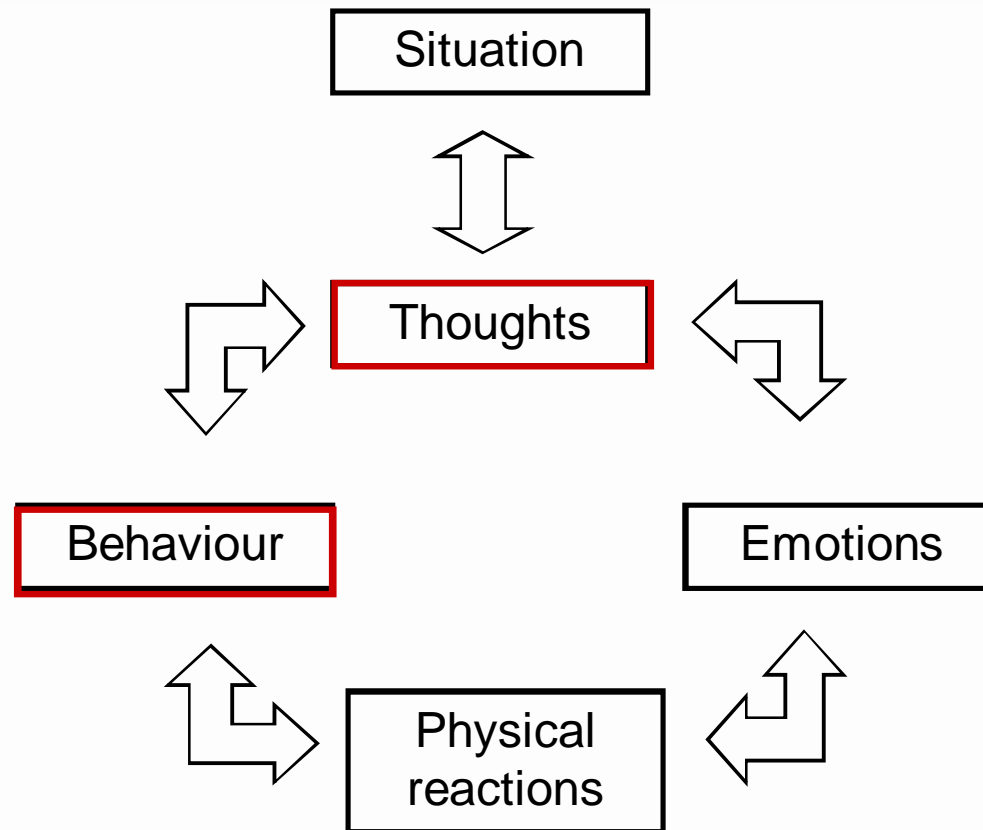
Change what you *do* (behaviour experiments)



Cognitive Behavioural Therapy



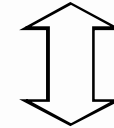
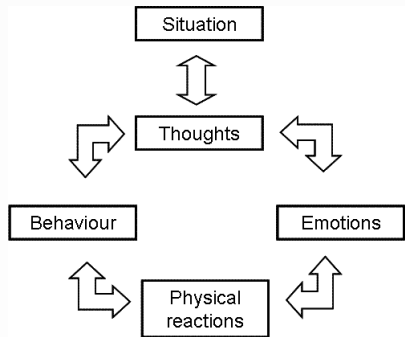
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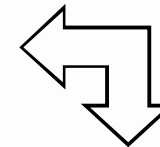
Example- Appearance



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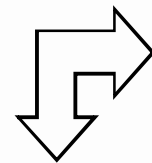


- I am ugly
- People stare at me

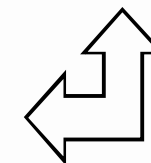
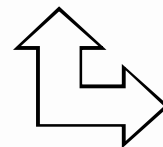


- Sadness
- Angry

Avoidance



Stressed



Example- Appearance



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- I am ugly
- People stare at me

Questions you could ask yourself:

- Have I ever experienced that this thought is not completely true?
- If my best friend would think this, what would I say?
- If my best friend knew I have this thought, what would (s)he say? What 'evidence' would she come up with to convince me this thought is not 100% true?
- Are there elements in the situation that I am missing? Am I jumping to a conclusion too quickly?
- What is the worst thing that could happen if my thoughts would be true?



Example- Appearance



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- I am ugly
- People stare at me

If my best friend would think this, what would I say?

“Ehm... I would tell her that her nose and mouth changed because of the scleroderma. However, I would convince her that most people don't even notice that she looks 'different', since most of my friends did not notice it last time she was at my party. And I would tell her that she still is a beautiful person because of who she is.”



Example- Appearance



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- I am ugly
- People stare at me

Alternative cognitions:

“Although my appearance changed, it does not mean that I am ugly”

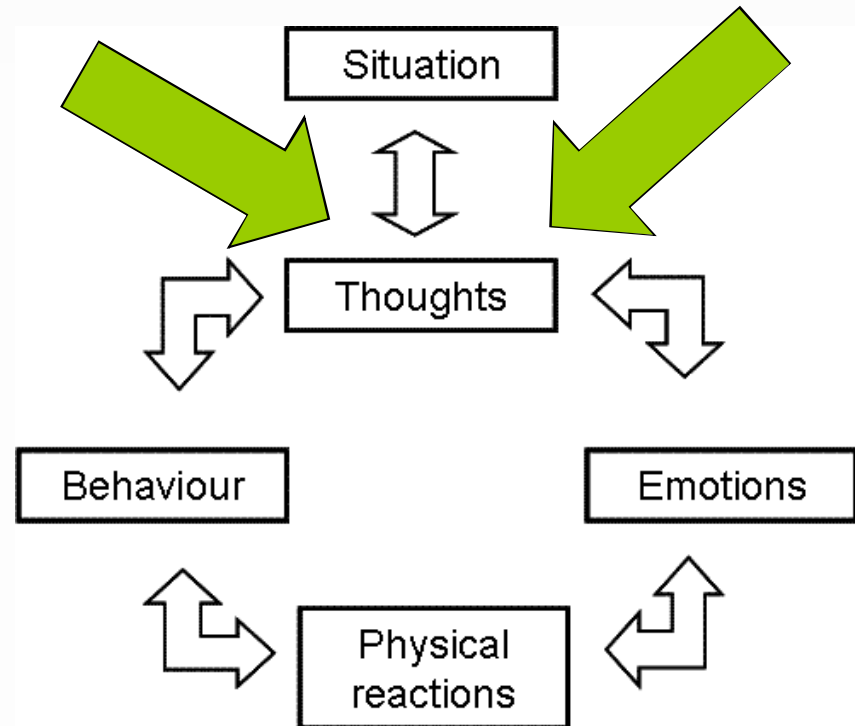
“Appearance is not the most important thing friends judge me on”



Example- Appearance



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→ How you **think** influences how you **feel** and how you **react**



Example- Future



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Concerns about future are realistic!

But: *Functional* versus *dysfunctional*

Functional: helps you taking care of yourself (e.g., taking medicines and prepare for possible future problems)

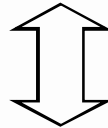
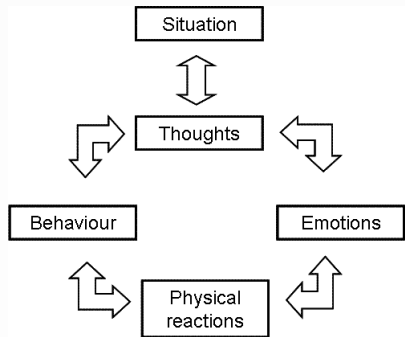
Dysfunctional: impacts current quality of life (e.g., problem sleeping because of worries)



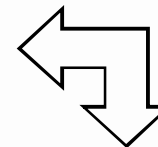
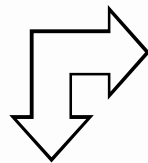
Example- Future



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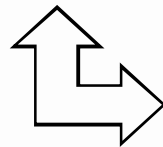


- In the future, I can not play the piano anymore
- All the things I like in life will be taken away because of the disease

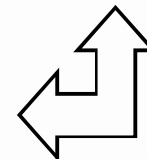


Ruminating

- Fear
- Sadness



Stressed



Example- Future



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In the future, I cannot play the piano anymore. All the things I like in life will be taken away because of the disease

Questions you could ask yourself:

- Have I ever experienced that this thought is not completely true?
- If my best friend would think this, what should I say?
- Was I in a comparable situation before? What happened? Are there differences between then and now? What have I learned from that previous experience that could help me now?
- Am I jumping to a conclusion too quickly?
- What is the worst that can happen if my thoughts would be true?



Example- Future



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In the future, I cannot play the piano anymore. All the things I like in life will be taken away because of the disease

Was I in a comparable situation before? What happened? Are there differences between then and now? What have I learned from that previous experience that could help me now?

“Well... I used to be an avid runner. Some years ago, I had to give it up because of the pain in my joints. So, now I am involved in a walking group. Although I really missed the running at first, I now enjoy all the things I spot in the nature while walking at a slower pace.

If I look at it that way, I learned that I still enjoy things I do in life. I just have to look at alternative ways to perform my hobbies.”



Example- Future



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In the future, I cannot play the piano anymore. All the things I like in life will be taken away because of the disease

Alternative cognition:

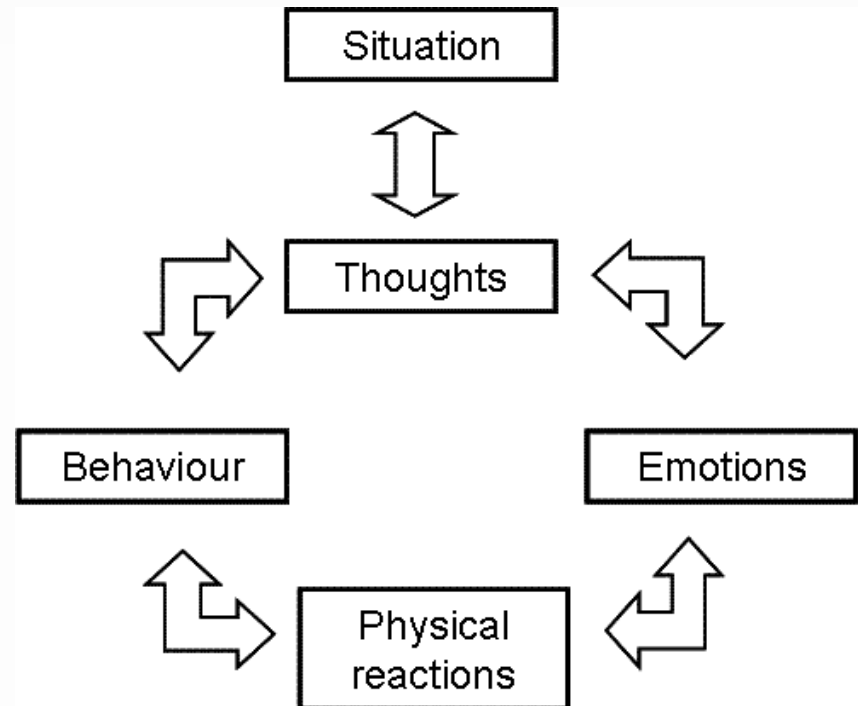
“Although I might not be able to perform some of my hobbies anymore in the future, I will still have things I enjoy”



Synopsis



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→ How you **think** influences how you **feel** and how you **react**



Take-home message



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***Even if I can not control my scleroderma,
I can control how I feel about it!***



Acknowledgements



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Thank you for your attention!



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