

women's
health
australia



the australian longitudinal
study on women's health

Arthritis and depression: Tracking prevalence, impact and management in older women

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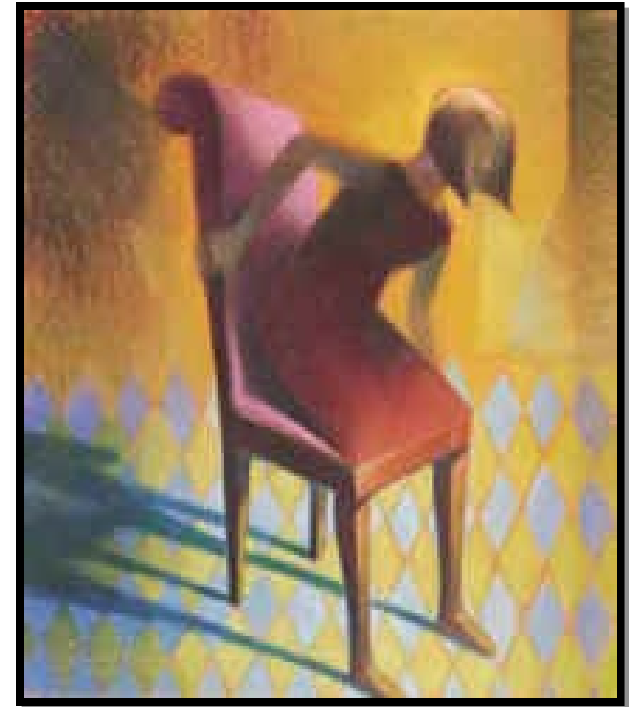


Acknowledgements

- The research on which this paper is based was conducted as part of the Australian Longitudinal Study on Women's Health, the University of Newcastle and the University of Queensland.
- We are grateful to the Australian Government Department of Health and Ageing for funding and to the women who provided the survey data.
- Funding for the analyses in this project was provided by Hunter Medical Research Institute and Arthritis Australia.
- We acknowledge Medicare Australia for providing the PBS and MBS data.
- All researchers in the Faculty of Health at the University of Newcastle are members of the Hunter Medical Research Institute (HMRI).

Arthritis in Australia

- Major cause of disability and chronic pain
- 60% of people with arthritis are women
- Most common cause of activity limitation and disability for older women



Arthritis and comorbid disease

- High comorbidity rates
 - Diabetes, cardiovascular, respiratory, digestive, psychiatric, central nervous system disorders
- World Health Surveys suggest impact of comorbid depression exceeds impact of other comorbidities (Moussavi, et al. 2007)
- Unique Australian data on impacts and management of arthritis and depression for older women across four surveys (1996-2005)

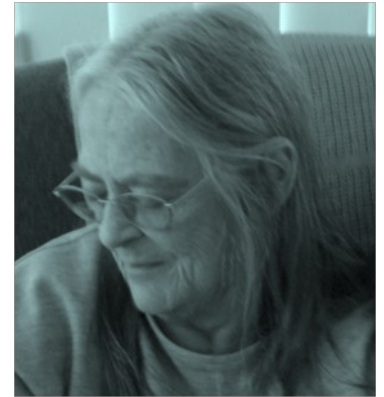


Aims

- 1921-1926 birth cohort of Australian Longitudinal Study on Women's Health:
- interaction and impact of arthritis and depression over time; and
 - management of arthritis and depression over time.



Respondent numbers- 1921-1926 birth cohort



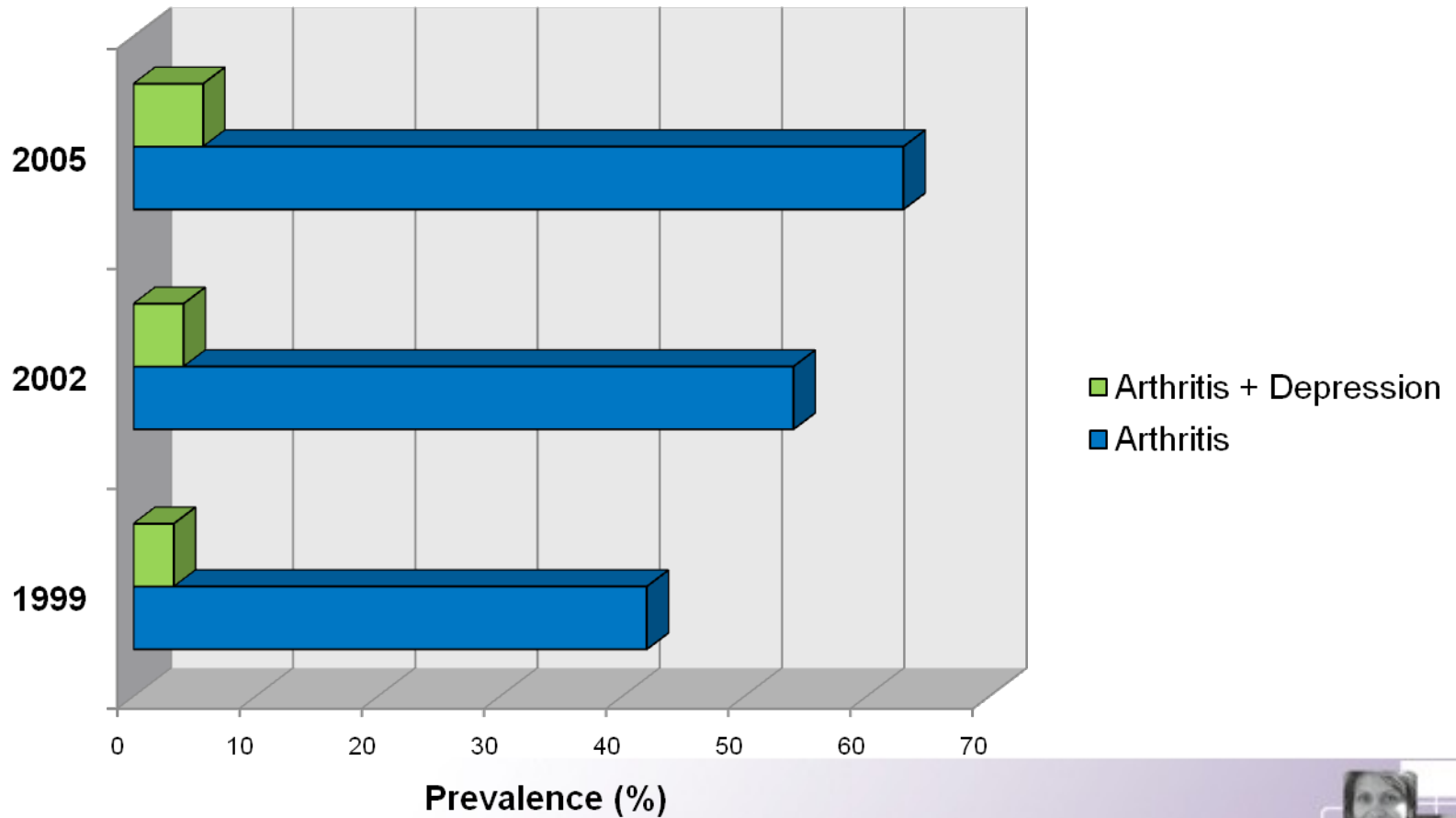
Survey 1 (1996)	70-75 years	12432
Survey 2 (1999)	73-78 years	10389
Survey 3 (2002)	76-81 years	8639
Survey 4 (2005)	79-84 years	7156 (4761 with PBS medicine claims)



Methods- measures

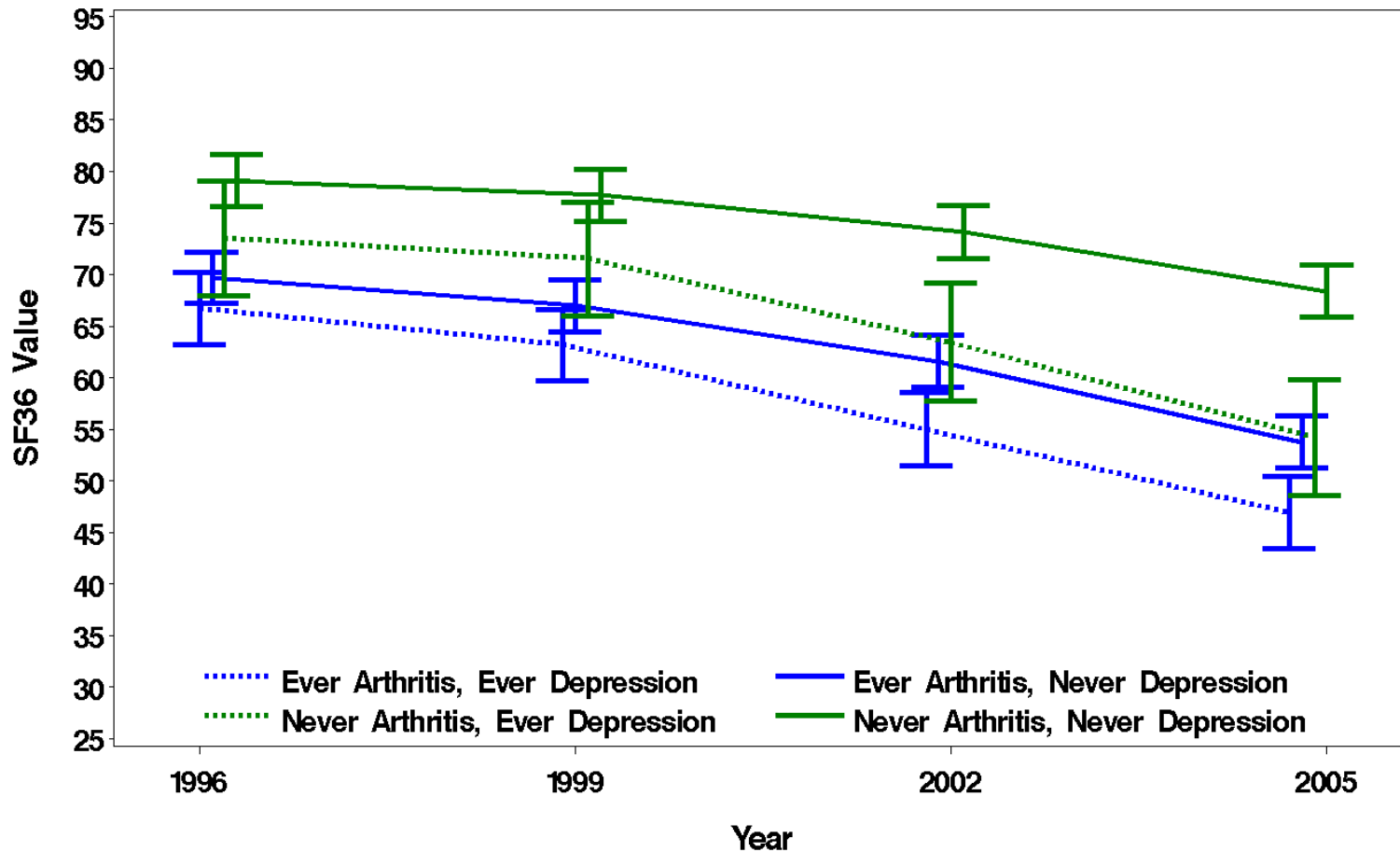
- **Prevalence**
 - Self-report doctor diagnosis or treatment
- **Impact**
 - Self-report SF36 quality of life subscales (PF and SF)
 - Regression models adjusted for potential confounders (demographic, health and social)
- **Management**
 - Self-report number GP visits last 12 months
 - Self-report other health provider visits last 12 months
 - Self report counsellor, support group help last 6 months
 - PBS medicines claims (arthritis and depression medicines)

Prevalence- Arthritis and Depression

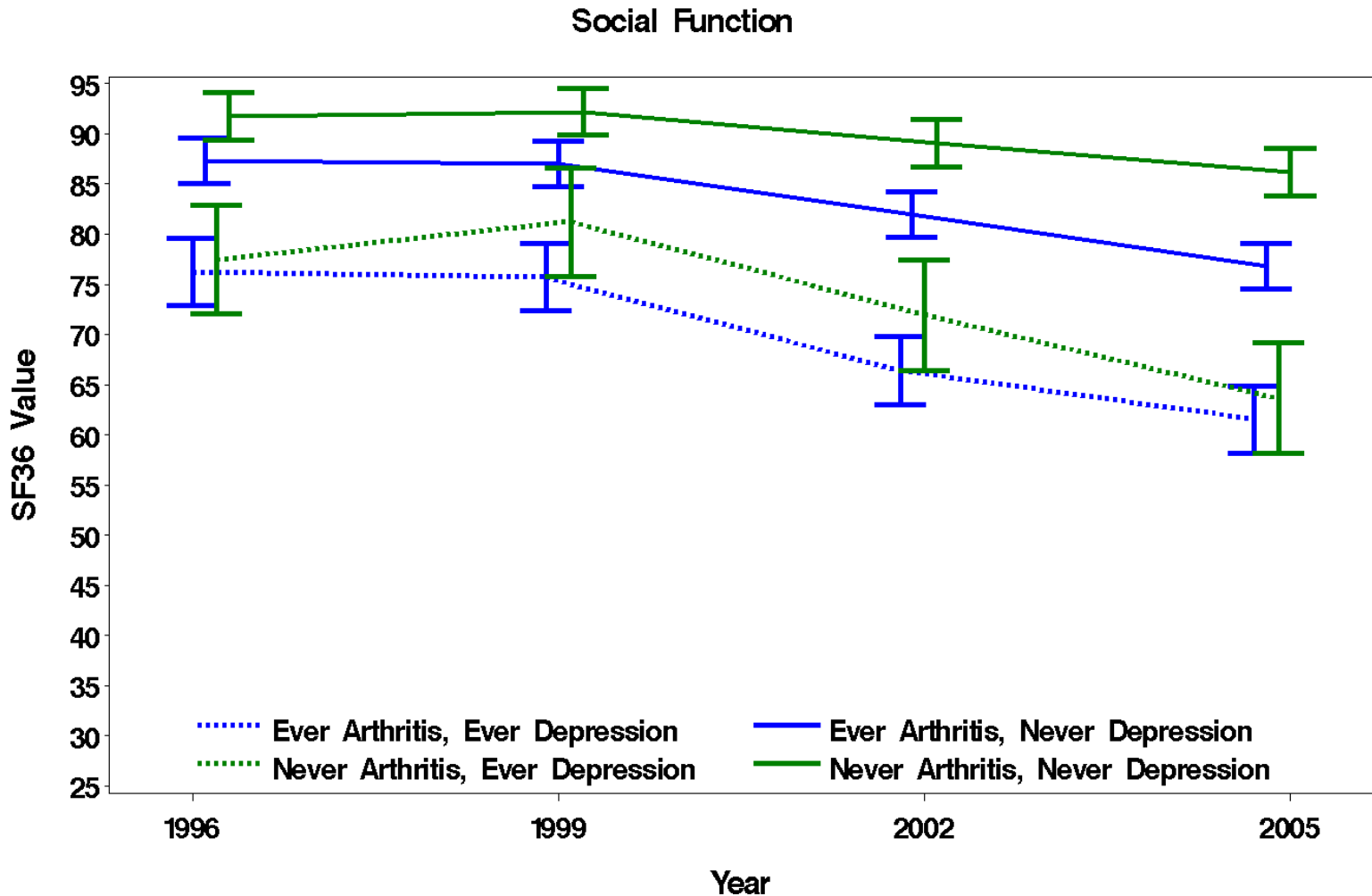


Quality of life-Arthritis and Depression

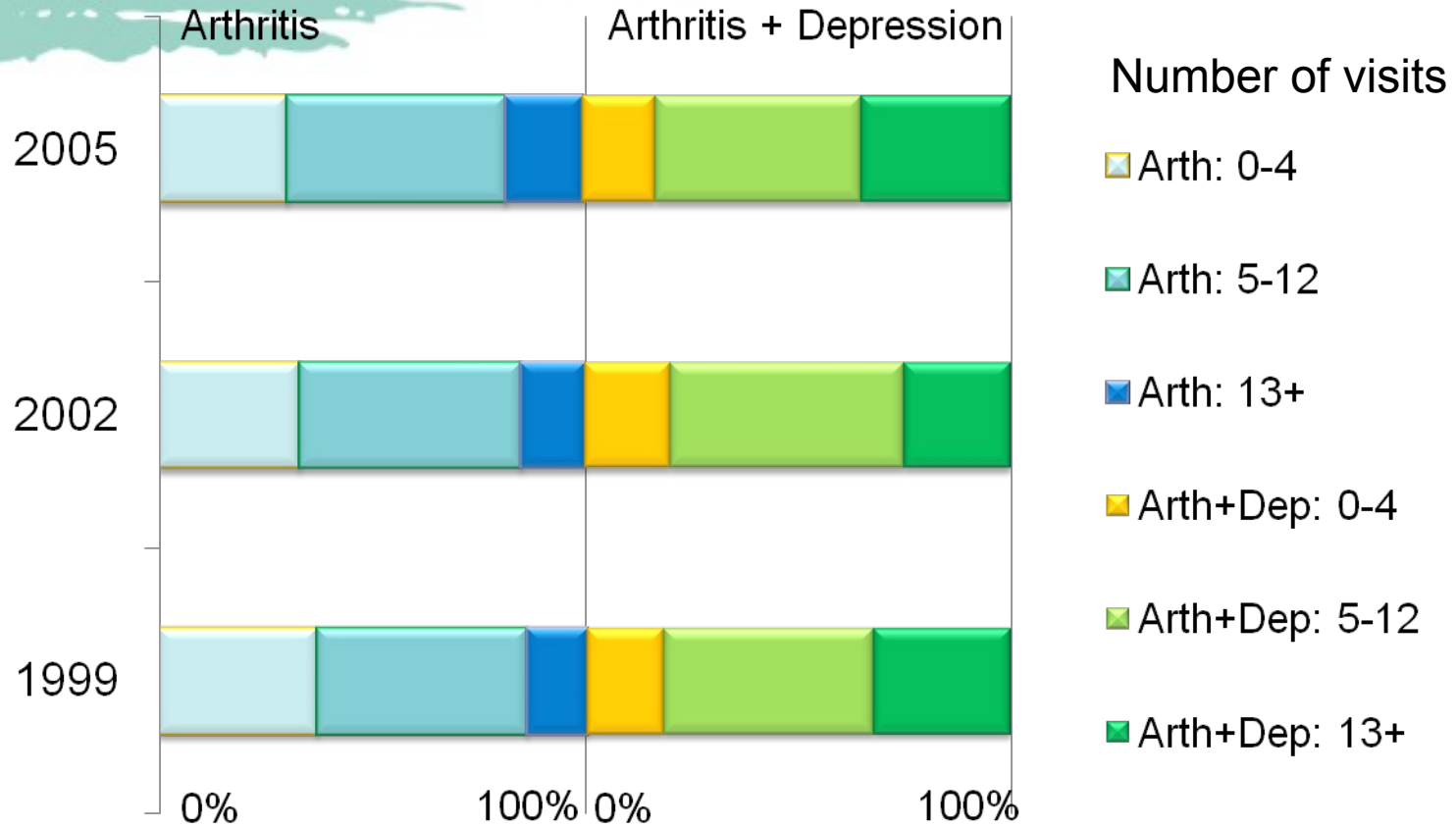
Physical Function



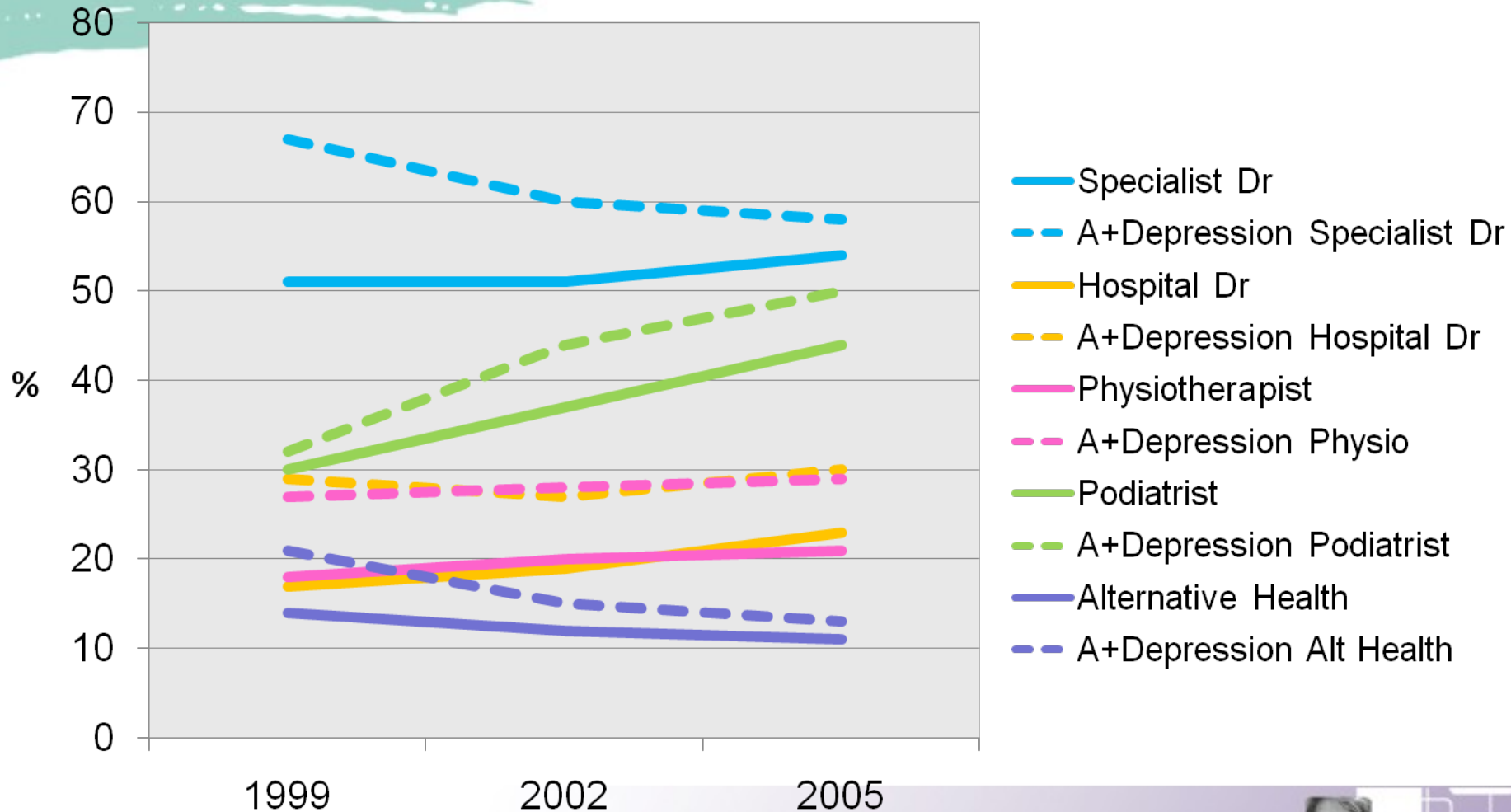
Quality of life-Arthritis and Depression



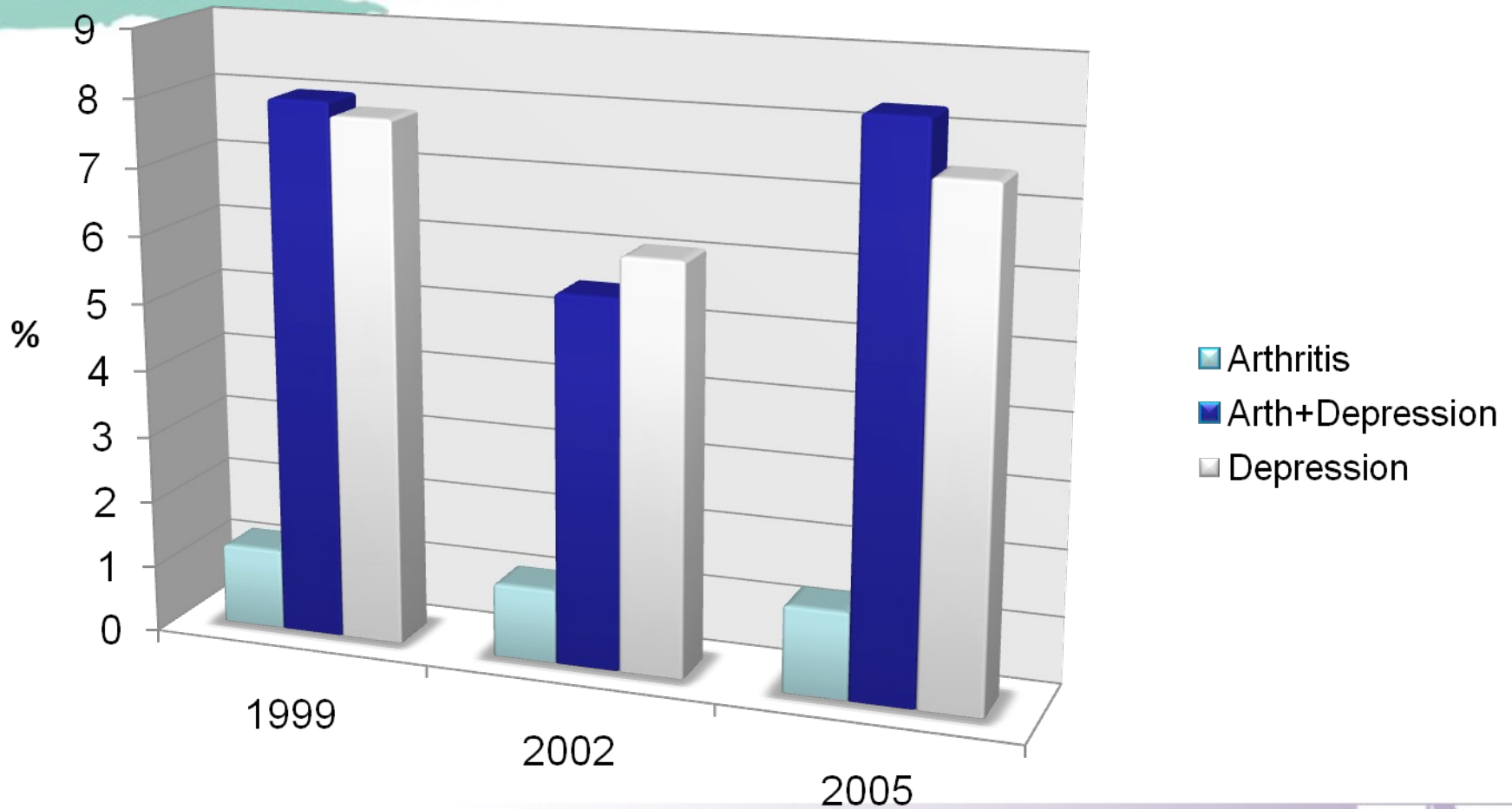
Number of Doctor visits last 12 months



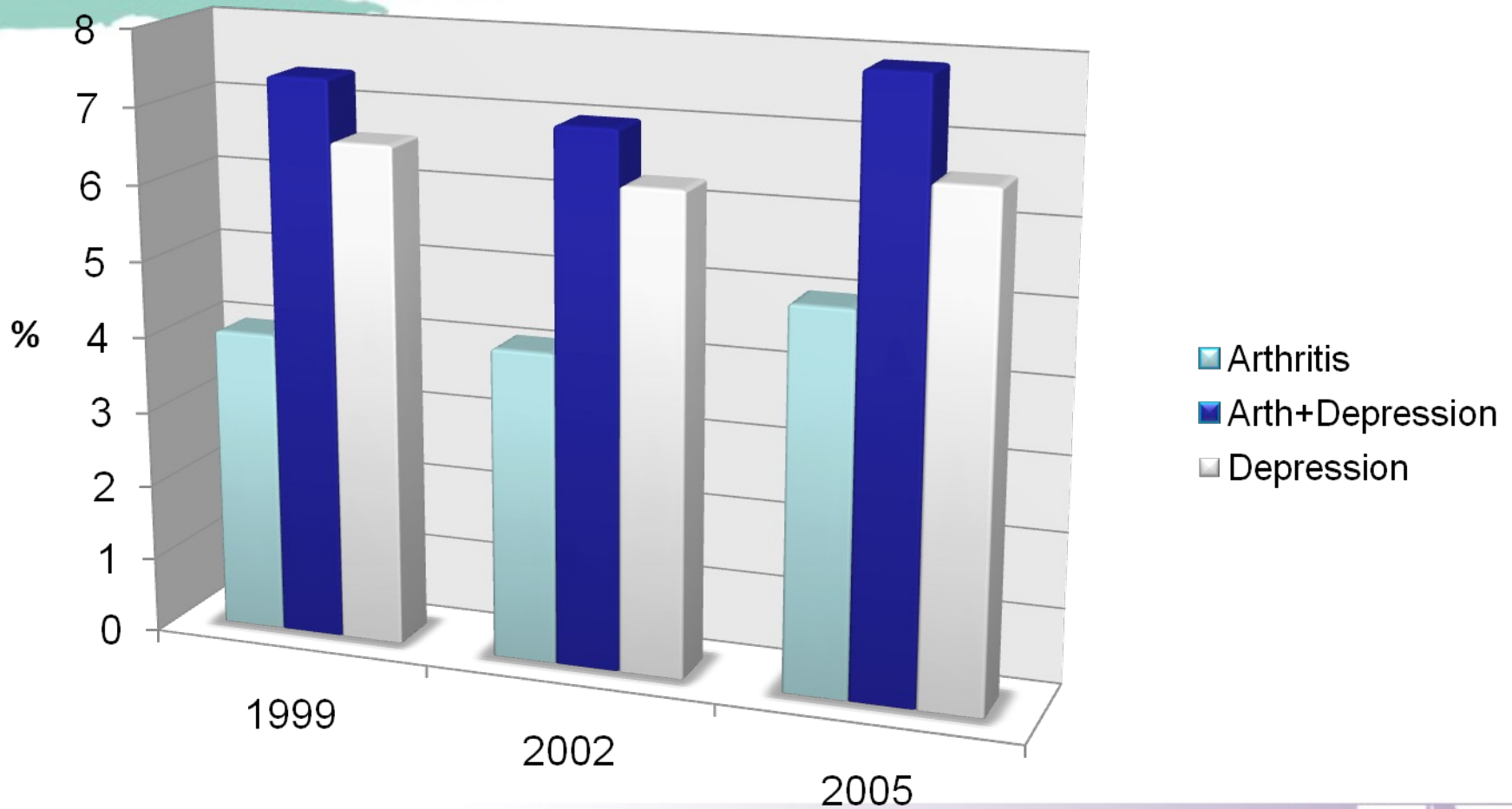
Self-report health provider visits (12 mths)



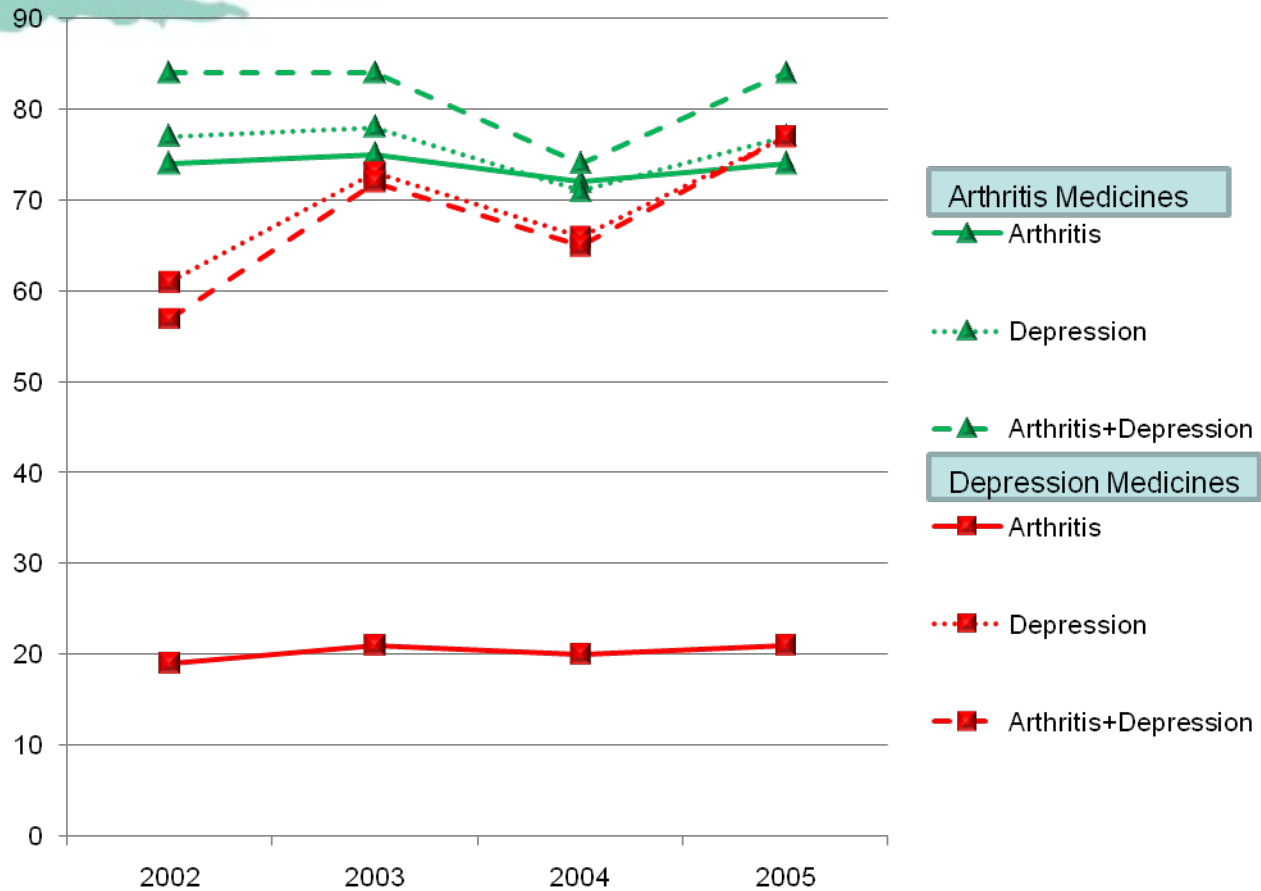
Counsellor help last 6 months



Support group help last 6 months



PBS medicine claims (2002-2005)



Summary

- 63% of women in the ALSWH 1921-26 cohort survey (aged 79-84 years) reported having arthritis
- 5.7% reported arthritis with comorbid depression
- For women with arthritis and comorbid depression:
 - higher impacts on physical and social functioning
 - more GP visits
 - more likely to visit a health provider
 - more likely to seek counseling and other support; and
 - more arthritis medicine claims, than women with arthritis only.