



CF, Mental Health, & Exercise

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Depression in Adolescents: By the Numbers

- ▶ Depression is the leading cause of disability and accounts for 1,000,000 deaths from suicide each year, globally.
- ▶ The CDC (2013) reported that suicide remains the third leading cause of death in the 15–24 years age group, and the sixth leading cause of death in the 5–14 years age group.
- ▶ It was reported that before age 18, it is estimated that 20% of adolescents will experience an episode of depression.

What does depression look like?

- ▶ Five or more of the following symptoms over a two-week period:
 - ▶ Sadness/irritability
 - ▶ Changes in weight/appetite
 - ▶ Guilt, hopelessness or worthlessness
 - ▶ Inability to concentrate, remembering things or making decisions
 - ▶ Fatigue/loss of energy
 - ▶ Loss of interest in activities once enjoyed
 - ▶ Sleep disturbances
 - ▶ Restlessness or decreased activity
 - ▶ Physical aches and pains with no medical cause
 - ▶ Thoughts of suicide or death

How common are mental health issues in patients with CF?

- ▶ Research shows that patients with chronic diseases can often have anxiety and/or depression.
- ▶ It is estimated that up to 1/3 of individuals with a serious medical condition will experience depression.
- ▶ Depression is one of the most common complications of chronic illnesses like cystic fibrosis.
- ▶ Researchers found that people with CF **and parents who take care of children with CF** are more likely to experience depression than people in the general population.
- ▶ **If you are a parent** of an adolescent with CF and you are depressed, your child is almost 2.5x more likely to experience depression.
- ▶ Teenagers and young adults are more likely to experience depression than children younger than 12 and adults older than 30.
- ▶ Women are more likely to have depression than men.

Effects of Depression on CF

- ▶ CF patients with untreated depression:
 - ▶ Are less likely to manage their treatment plans
 - ▶ Tend to have worse lung function
 - ▶ Have a lower body mass index (BMI)
 - ▶ Experience more hospitalizations
 - ▶ Often have higher health care costs
 - ▶ Experience a lower quality of life

Benefits of Exercise for Patients with CF

- ▶ **Better overall health:** Decreased risk for heart and bone disease, diabetes, and cancer
- ▶ **More energy:** When you improve your heart, lung and muscle function, you have more energy for daily tasks, as well as daily CF treatments.
- ▶ **Better lung function:** Regular exercise can improve your ability to get mucus out of your airways.
- ▶ **More time with others:** Helps motivate yourself and a great way to maintain social relationships

Depression & Exercise

- ▶ A number of studies have found evidence of a connection between physical activity and depressive symptoms among adolescents.
- ▶ With increased physical activity, depressive symptoms have been shown to lower.
- ▶ Sports team participation was found to have a particularly strong correlation with depressive symptoms.
- ▶ Further research is being conducted on the possible implication that physical activity can not only decrease prevention in adolescents, but prevent it as well.

Tying it all Together

- ▶ Depression is most common among young people and adolescents.
- ▶ The likelihood of depression increases with the diagnoses of a chronic illness like CF.
- ▶ Physical activity improves the physical health and overall quality of life of people with CF.
- ▶ There is promising evidence that physical activity can also help decrease and possibly prevent conditions like depressions in young people, both those with and without a chronic condition.

