

## The IMID Study

# Understanding the effects of stress, anxiety, depression and chronic disease

## Welcome!

### Did you know?

- Over 3 million Canadians live with depression or anxiety
- Over 300,000 Canadians live with rheumatoid arthritis (RA)
- Over 200,000 Canadians live with inflammatory bowel disease (IBD)
- Over 90,000 Canadians live with multiple sclerosis (MS)

*Welcome to the first edition of the IMID study newsletter!*

In this edition of the newsletter we will share progress about enrollment in the study, a few healthy snacks, and some general interest news items.

We will also begin introducing members of our re-

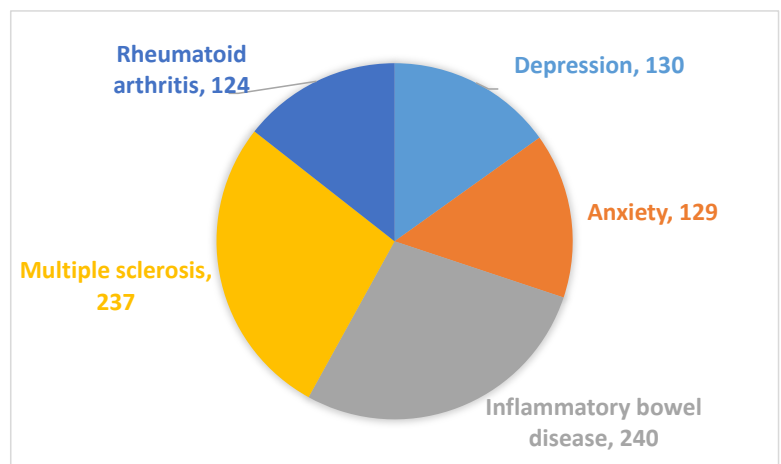
search team.

Finally we share findings from our review of treatments for depression & anxiety in people with IBD, RA and MS. In future editions of the newsletter we hope to share some of our other study findings with you.

We hope you enjoy it.

## Enrollment

We started enrolling participants in this study about 18 months ago. To the right you can see our progress. We plan to finish enrollment this summer but we will have follow-up visits for three more years.



### Inside this issue:

- Treating Depression & Anxiety in MS, IBD and RA **2**
- A few healthy snacks **2**
- An interview with the research team **3**
- In the news **3**
- Contact information **4**
- Mindfulness-based stress reduction **4**

## Treating Depression & Anxiety in People with IBD, MS & RA

One of the goals of our study was to review clinical trials of treatments for depression & anxiety in people with IBD, MS & RA.

### **What is a clinical trial?**

A study that assigns people to different treatments at random  
Follows those people over time to see how well the treatment worked

### **What kinds of treatments were considered?**

- (i) Psychotherapies  
E.g. cognitive-behavioral therapy, counselling
- (ii) Medications

### **How many studies did we find?**

21 in MS, 8 in RA & 1 in IBD  
29 of the studies focused on depression

### **What did they show?**

In MS : psychotherapy &

medications were effective for depression

In RA: medications were effective for depression. Only one study tested psychotherapy and it did not show a benefit. However, many of the studies were of poor quality.

In IBD: In 1 study medication was effective for anxiety.

Overall, we found few high quality studies of treatments for depression or anxiety.

---

*More clinical trials of treatments for depression & anxiety are needed in people with MS, IBD and RA. These would guide treatment recommendations for people with MS, IBD and RA.*

---

## A few healthy snacks



- ¾ cup plain or vanilla low fat yogurt with 1-2 Tbsp. fresh or frozen fruit mixed in. Try Greek yogurt for extra protein.
- ½ cup of vegetables with 1-2 Tbsp. hummus
- 7 whole grain crackers with 1-2 Tbsp. homemade fruit salsa or 1 ounce canned light tuna packed in water
- 1 piece of fruit and ¼ cup nuts  
¼ cup homemade or prepackaged trail mix. To make your own use dry high fibre cereal, dried fruit and unsalted nuts and seeds

By: Heather Johannson, Clinical Dietitian at MS Clinic at Winnipeg Health Sciences Center

## Meet the research team: Dr. Charles Bernstein

### ***Where are you from?***

...Winnipeg. I completed all of my medical training at the University of Manitoba except for 2 years of gastroenterology training at UCLA.

### ***What is your role in the IMID study?***

...I co-lead the study with Dr. Marrie.

### ***What do you hope to learn from this study?***

...I want to understand how common depression and anxiety are in IBD and how this differs from MS and RA. I also

hope to develop knowledge tools that can help patients and health care providers best treat depression & anxiety.

### ***What other research are you involved in?***

...My team has studied causes of IBD, and how risk factors for IBD may be shared with risk factors for other immune diseases.



Charles Bernstein, MD  
Co-Principal Investigator

## In the news

### ***Denmark***

In Denmark researchers reviewed records of 11,640 people diagnosed with depression. They found that outcomes after a diagnosis of major

depression were quite variable. Some people no longer needed treatment after two years while others still needed treatment after 10 years.

### ***Taiwan***

A recent study in Taiwan reported that young adults, aged 18-39 years, with anxiety disorders had a three-fold increased risk of diabetes as compared to young adults without anxiety.

---

*In future studies I would like to explore how inflammation & gut bacteria may affect depression & anxiety*  
- Charles Bernstein

---

## More news

Dr. Marrie and colleagues recently found that at the time of MS diagnosis, 19.1% of people already had a diagnosis of depression.

A British study found that the use of a class of medications called “statins” which are used to treat high cholesterol reduced the risk of developing rheumatoid arthritis.

Dr. Bernstein and his team studied whether having been born via Caesarean section was risk factor for IBD. They found that it was **not** a risk factor.

Research Study Coordinators  
Nicholas Hall  
Mikaela Hoepfner  
Julia Rempel  
Caitlin McFadyen  
Ruth Vanstone

Phone: 204-787-4778  
Alt Phone: 204-787-2942  
Email: IMID@hsc.mb.ca

*We look forward to sharing findings from the study with you as we go along.*

*Have suggestions for the newsletter? Feel free to contact us.*

*If your contact information changes, please let us know.*

*Thanks for your continued participation !*



UNIVERSITY  
OF MANITOBA



Hôpital St-Boniface Hospital

## Mindfulness & Mindfulness-based Stress Reduction

### Mindfulness

Mindfulness is an approach that you can learn to become more aware of your thoughts, feelings and sensations in your body. It can help people manage stress and pain by focusing on living in the present and letting go of worries about the past and the future. Acceptance is also important in mindfulness.

### Mindfulness-based Stress Reduction

This approach has been used for years to help people with chronic health problems to manage their symptoms and improve their quality of life. A variety of courses are available around Winnipeg including through the Canadian Mental Health Association.

<http://winnipeg.cmha.ca/>

