

The IMID Study

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

Did you know?

- At one time depression was treated by drilling a hole in the skull, known as trephining
- Egyptian mummies show evidence of rheumatoid arthritis (RA)
- Drs. Crohn, Oppenheimer and Ginzburg “discovered” Crohn’s disease in 1932. Crohn’s disease is one of the major forms of inflammatory bowel disease (IBD)
- Multiple sclerosis (MS) was first described in the 14th century

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Welcome to the second edition of the IMID study newsletter!

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

We will also introduce another member of our

Welcome!

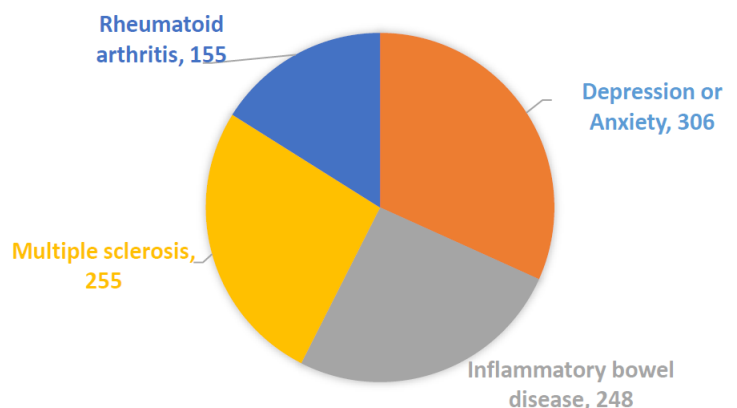
research team.

Finally, we describe what we found when we reviewed previous research about questionnaires for detecting anxiety.

We hope you enjoy it.

Enrollment

We completed enrolling participants in July 2016. To the right you can see how many people we enrolled in each group. We will continue follow-up visits for another two and one-half years. Some participants have just completed their third visit.



Identifying Anxiety in People with IBD, MS & RA

One of the goals of our study was to find questionnaires (tools) that health care providers could use to better identify anxiety in people with IBD, MS & RA.

What is a screening tool?

Usually a brief set of questions that may identify people with symptoms of concern—in this case, anxiety. If the tool finds concerning symptoms a health care provider may do a more detailed assessment to make

a diagnosis of anxiety.

What kinds of tools were considered for the IMID study?

- (i) Brief
- (ii) Work well in people with anxiety who do not have IBD, MS and RA
- (iii) Free for use
- (iv) Commonly used

How many screening tools are being tested in this study?

Three

What other studies have been done?

In MS: 4 studies have tested 3 different screening tools.

In RA: 2 studies tested 2 different screening tools, but neither of these are commonly used

In IBD: No studies have tested screening tools for anxiety.

Overall, we found few high quality studies of screening tools for anxiety.

More studies of screening tools for anxiety are needed in people with MS, IBD and RA. We will use information from the screening tools that all of you have filled out and compare them to the in-depth interviews you completed to determine which tool(s) work best.

Healthy Sleep Habits

Adequate sleep is important for your quality of life. The National Sleep Foundation lists several habits that can improve your sleep.



- Stick to a sleep schedule. Keep the same bedtime and wake time every day of the week (even if you have poor sleep some nights).
- Keep your bedroom cool (15-19C), dark and quiet.
- Exercise every day.
- Ensure that your mattress is comfortable and provides support.
- Avoid alcohol, smoking and heavy meals in the evening.
- Wind down before bedtime. Create a relaxing bedtime routine.
- Put away electronic devices. The light from these devices wakes up the brain.

Meet the research team: Dr. Lesley Graff

Where are you from?

...northern Saskatchewan. I moved to Winnipeg to complete my doctoral training in clinical psychology. I have worked as a clinician scientist for over 20 years.

What is your role in the IMID study?

...I am a co-

investigator. I contribute experience with IBD, anxiety, depression and how to measure changes in health. As a co-investigator, along with a fantastic group of colleagues, I help to design and carry out this study.

What do you hope to learn from this study?

...I think there are more pathways in common than we realize between the brain and body, across seemingly different diseases such as depression, MS and IBD. I hope that this study will help us to understand the role of the immune system in chronic disease and mental health conditions.



Lesley Graff, PhD
Co-Investigator

In the news

Researchers in the United States found that one in three American adults with symptoms of depression was not being

treated. 237,964 individuals completed the World Health Survey. 11.4% of those who completed the survey had anxiety.

Low physical activity was associated with a greater likelihood of anxiety.

*Did you know?
The first people to make New Year's resolutions were the ancient Babylonians*

More news

Dr. Bernstein and colleagues recently found that it was common for people with IBD to visit emergency rooms (ERs). Over a three year period, almost half of people with IBD

visited the ER. People with another health condition in addition to IBD were more likely to visit the ER

A Taiwanese study found that people with RA were 75% more likely to develop

obstructive sleep apnea.

An American study found that obstructive sleep apnea (a sleep disorder) is associated with reduced memory and attention.

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Please join us in saying goodbye and good luck to Mikaela. She returned to school to become a physio-therapist this fall.

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

If your contact information changes, please let us know.

Thanks for your continued participation !



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OF MANITOBA



Hôpital St-Boniface Hospital

Word Puzzle

m k m r k i n g c p
e k r h o p e s y i
w e e e c e w k v h
a v l n e h a k l s
y s a c f i n d j d
i t x q r i o o y n
p r r x o e y n o e
v e e y r u a r j i
u s m s l x j t n r
u s v w t b y m e f

rest
relax
enjoy
find
create
stress
hope
friendship
joy

