

Mood symptoms in young adults with cerebral palsy and brain injury: A longitudinal study

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Background

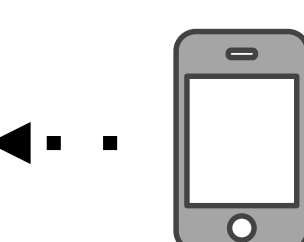
- Mental health is a global concern
- 20-25% of general population diagnosed with a mental health condition during their lifetime

Objectives

- Examine levels of depression and anxiety symptoms in young adults (YA) with cerebral palsy (CP) and brain injury (BI)
- Compare level of community integration between YA with CP and BI
- Identify common co-morbidities seen in YA with depression and/or anxiety symptoms

Methods

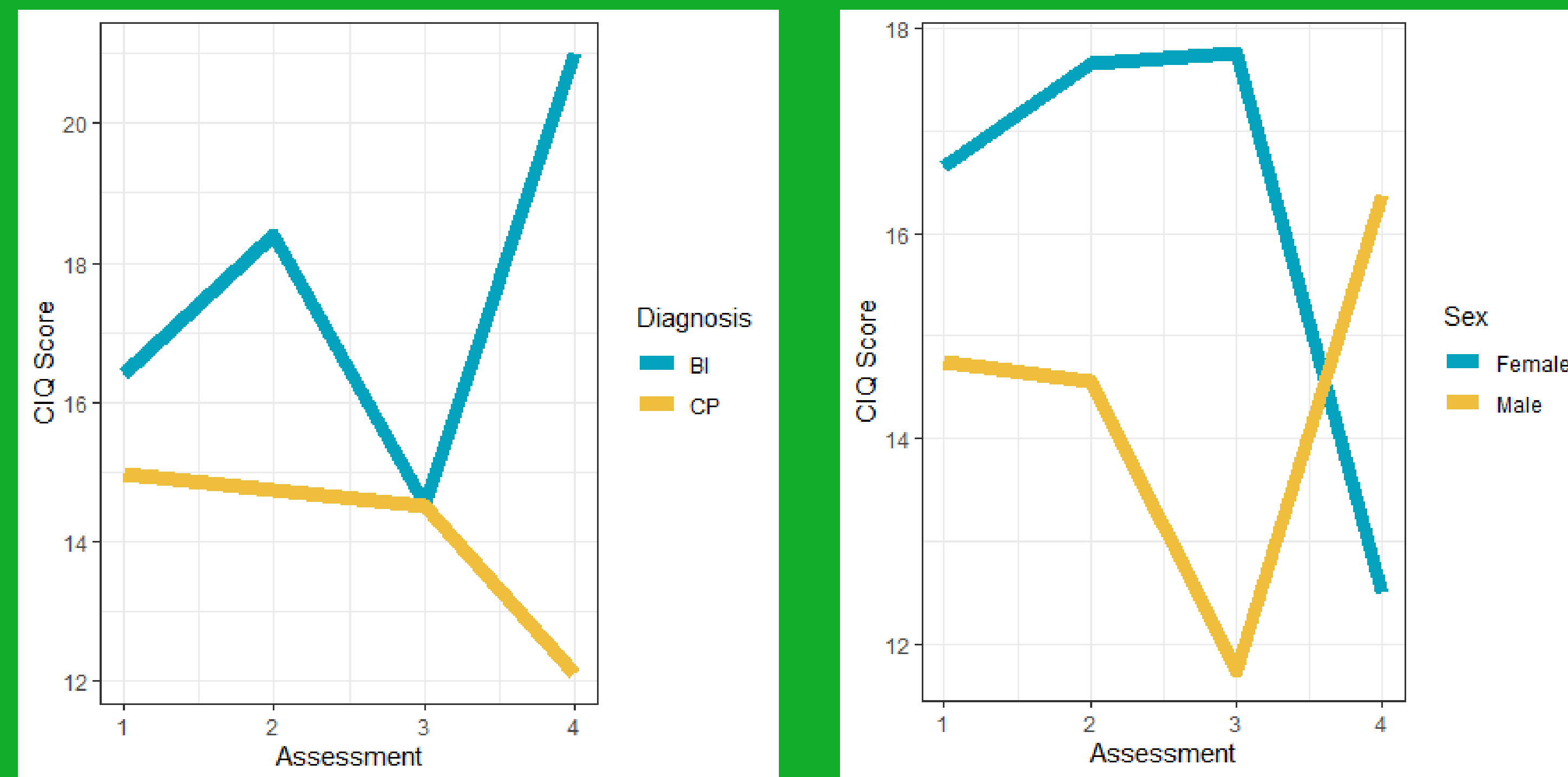
- Longitudinal Study
- Primary outcome measures:
 - Patient Health Questionnaire-4 (PHQ-4)
 - Community Integration Questionnaire (CIQ)



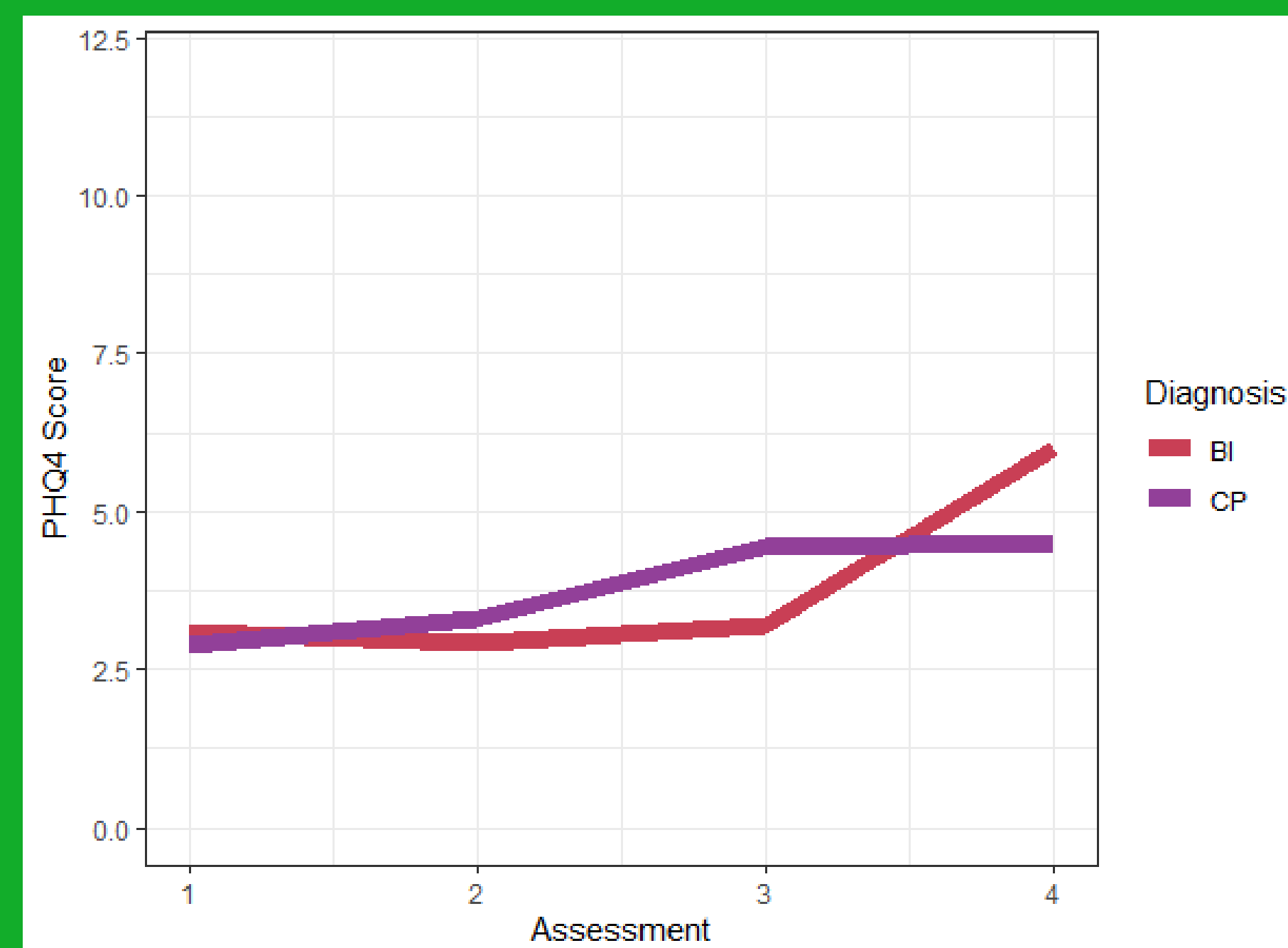
Full Abstract

- CIQ shows higher scores among females and YA diagnosed with BI
- PHQ-4- trend shows mood stabilizing over time
- PHQ-4 increased in males closer to 30 years old following COVID-restrictions from 2020-2022

CIQ Scores over Time by Diagnosis and Sex



PHQ4 Scores over Time by Diagnosis

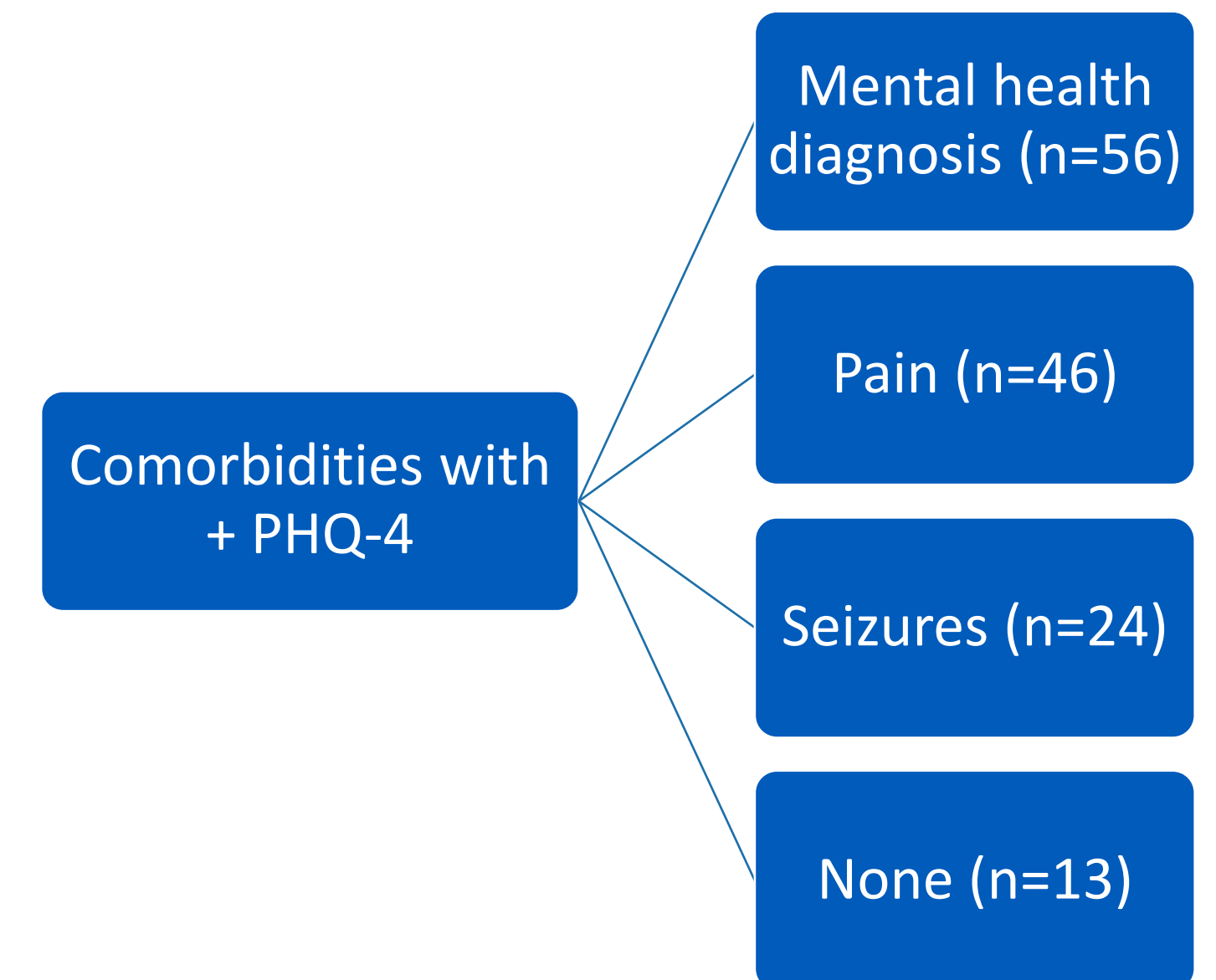


Methods

- Recruited through LIFEsan Clinic, a Nurse Practitioner led transition clinic from paediatric to adult rehabilitation for YA with CP and BI
 - Total number of LIFEsan patients = 595
 - Excluded YA with moderate to severe intellectual disabilities

Results

- Initial: n=362
- Follow up 1: n=139
- Follow up 2: n=27
- Follow up 3: n=5
- Follow up 4: n=2



Implications for Practice

- Ask about mood at every appointment
- Routine mental health conversations may lead to a decrease in mental health stigma
- Screening may lead to early detection and treatment

Future Considerations

- Search for a proxy mood screen to include all LIFEsan clients
- Continue with longitudinal data collection and analysis