



Courtesy of David A. Varwig, MA CSP CSHM CUSA LSE

**A WELL-BEING MOMENT**

Dave Varwig  
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**Arthritis-Mental Health Connection**



Many adults with arthritis have anxiety and depression.

*About 1 in 5 US adults with arthritis has symptoms of anxiety or depression.*

These symptoms are more common in adults with arthritis who are women, younger, have chronic pain or other co-occurring chronic conditions, or are disabled, unemployed, or otherwise unable to work.

Because anxiety is often perceived as normal, people don't always seek mental health services for it.

Left untreated, anxiety can lead to greater problems.

In fact, chronic anxiety can increase someone's risk of developing depression.

Arthritis, anxiety, and depression can each have negative effects on overall health and quality of life.

Feelings of sadness or worry can interfere with a person's ability and motivation to care for themselves properly and manage daily life, let alone manage their arthritis or other health conditions.

That's why it's important for people who have arthritis to take care of their mental health symptoms as well as their arthritis symptoms.

Dave Varwig, July 2022 for SCNWO



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