



# Coping With Chronic Illness

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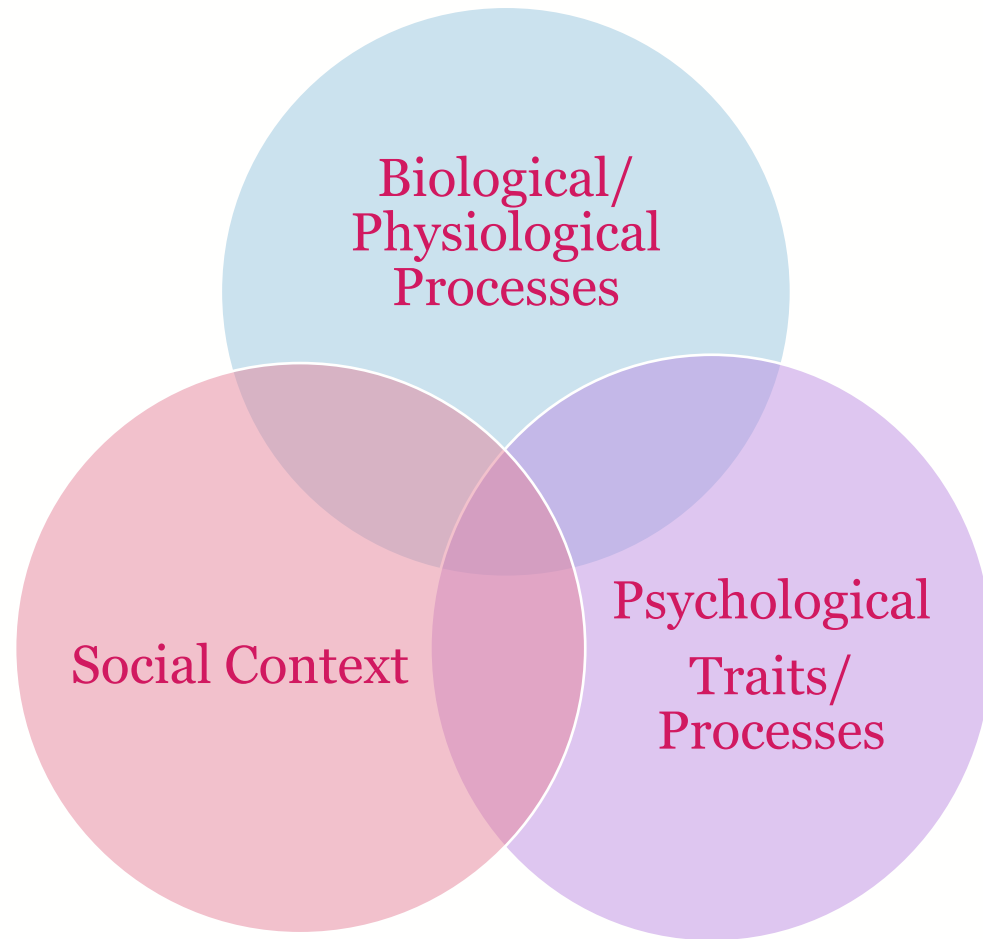
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# Disclosures

- I have no conflicts of interest or financial interest.

# The Biopsychosocial model



# Biological/physiological processes




Physical  
Symptoms/Diagnosis  
Medication Effects  
Stress Response  
Sleep  
Genes

# Social context



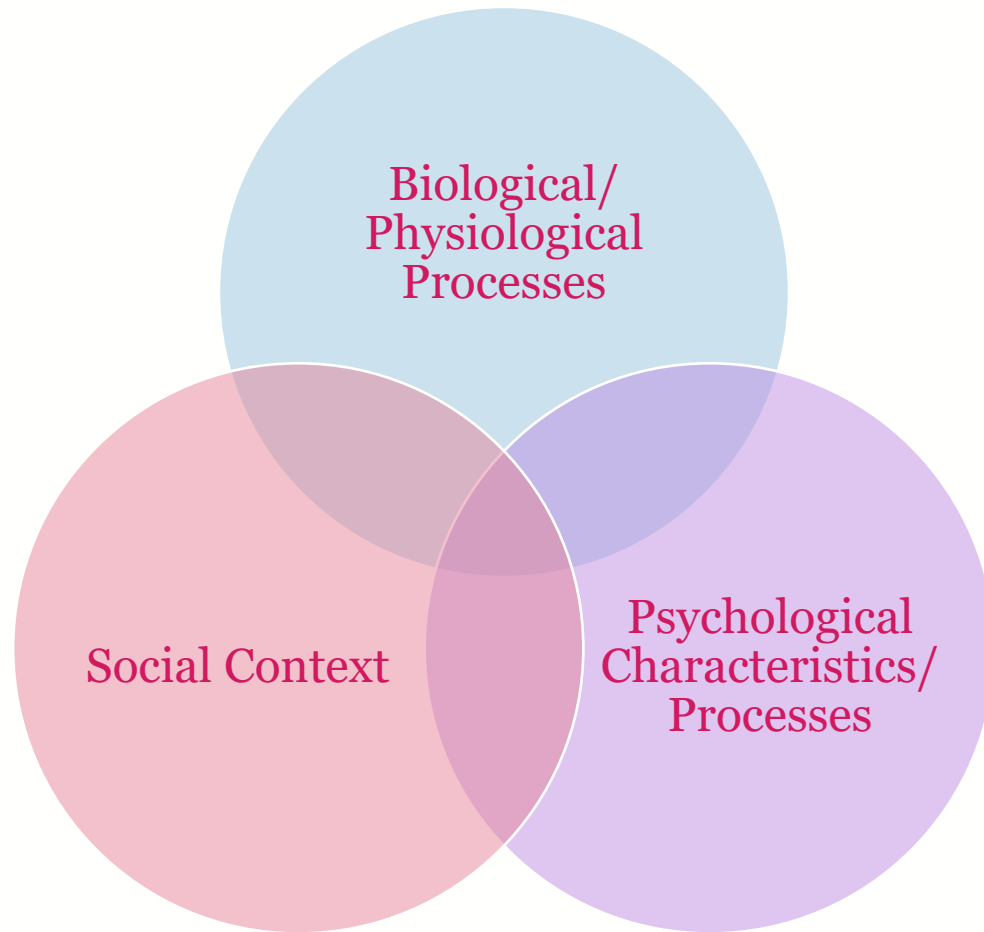
Family Relationships  
Peer Relationships  
School/Work  
External Stressors

# Psychological characteristics/processes



Anxiety/Depression  
Coping Style  
Internal Stressors  
Behavioral Problems

# The Biopsychosocial model



# Psychosocial risks associated with chronic illness

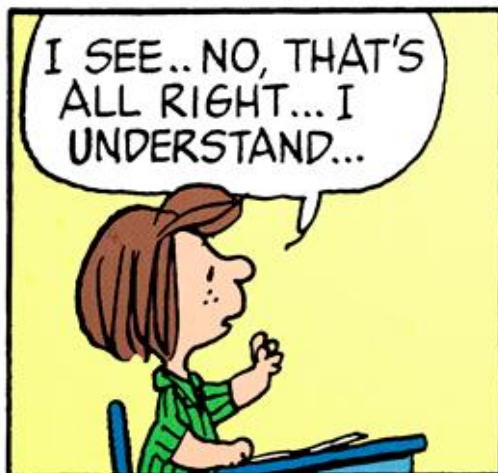
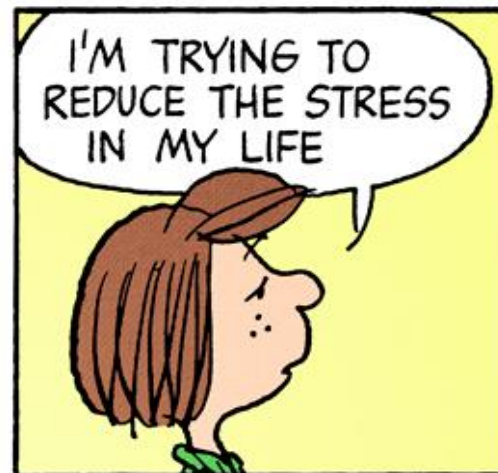
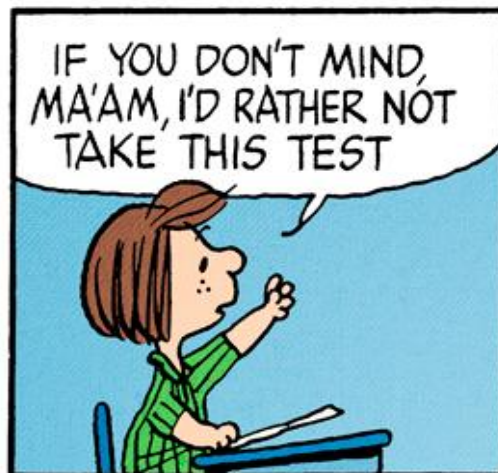
- Impact on Identity
- Anxiety/Depression
- Behavioral Problems (children)
- Social Isolation
- Family Stress
- School or Work Participation/Performance

# Resilience

- “Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress...It means “bouncing back” from difficult experiences”.<sup>1</sup>
- “In the context of pediatric/health psychology, resilience is the demonstration of emotional, behavioral, or health outcomes that match or surpass normative developmental milestones, behavioral functioning, or emotional well-being, despite exposure to the substantial challenges of living with and managing a medical or developmental condition”.<sup>2</sup>

# Stress and coping

- *Transactional Model of Stress & Coping*
  - Stress results from a mismatch between situational demands and coping capacity
- No inherently “good” or “bad” coping strategies



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# Behavioral health professional's role

- Assessment: areas of strength/need
- Patient/family education
- Patient/family intervention
- Multidisciplinary collaboration

# Behavioral health interventions support:

- Coping with diagnosis
- Increasing adherence to treatment plan
- Developing adaptive coping skills (illness, stress)
- Improving overall functioning (e.g., increasing school attendance, activity re-entry)
- Treatment of anxiety, depression or other symptoms
- Preparing for transition to adult medical providers

# Identifying anxiety

- Fears, health related or otherwise
- Worry
- Avoidance
- Changes in sleep or appetite
- Increase in fatigue and other physical symptoms

# Identifying depression

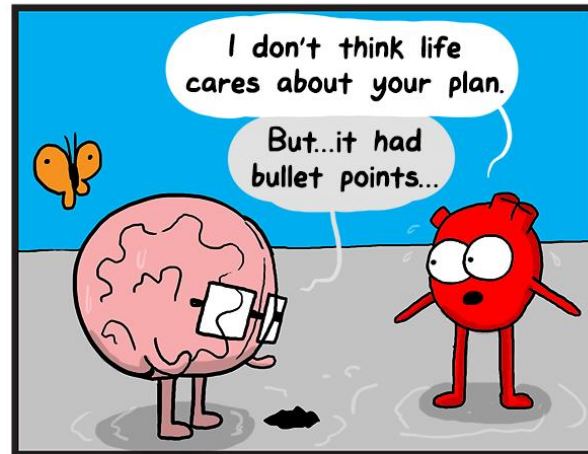
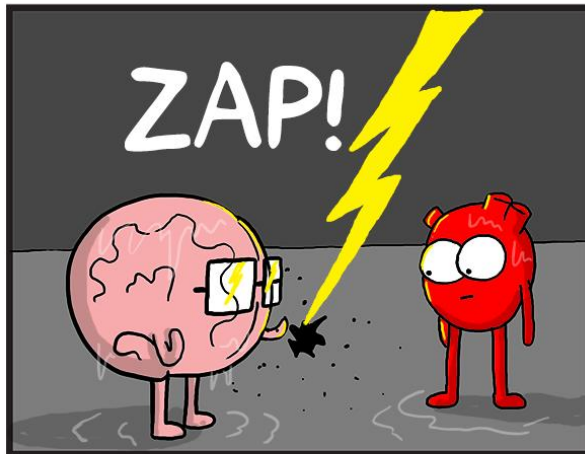
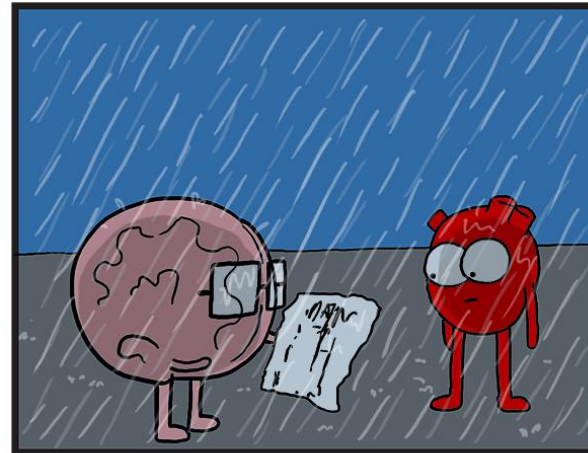
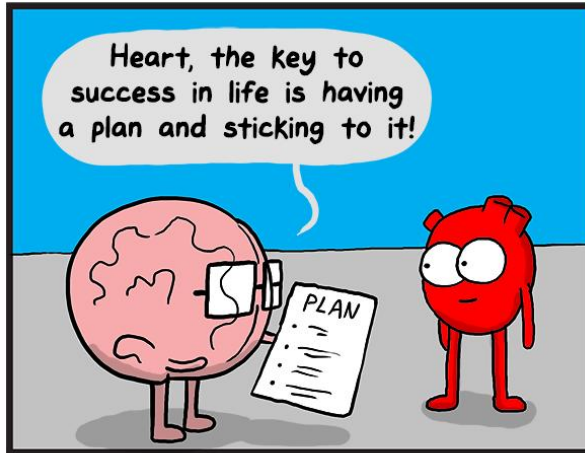
- Sadness/irritability
- Withdrawal
- Lack of enjoyment of usual activities
- Changes in sleep or appetite
- Increase in fatigue/loss of energy

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# Tips for coping with chronic illness

- Stay informed
- Connect with others
- Consider the Big Picture
- Stay in the moment
- Know yourself
- Seek help when you need it



theAwkwardYeti.com

# Resources

<https://www.apa.org/helpcenter/stress-facts.pdf>

*Information about stress and its effects from the American Psychological Association.*

<http://www.aacap.org>

*Facts for Families from the American Academy of Child and Adolescent Psychiatry*

<http://effectivechildtherapy.com>

*Information about evidence-based treatment for anxiety, depression and other childhood behavioral health problems*

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