

COMMON MENTAL HEALTH CONDITIONS

In Patients With Kidney Disease



Depression & anxiety are common in Chronic Kidney Disease (CKD) patients and their care partners

PREVALENCE OF DEPRESSION

1/4 of people with CKD suffer from depression.

IMPACT ON OUTCOMES

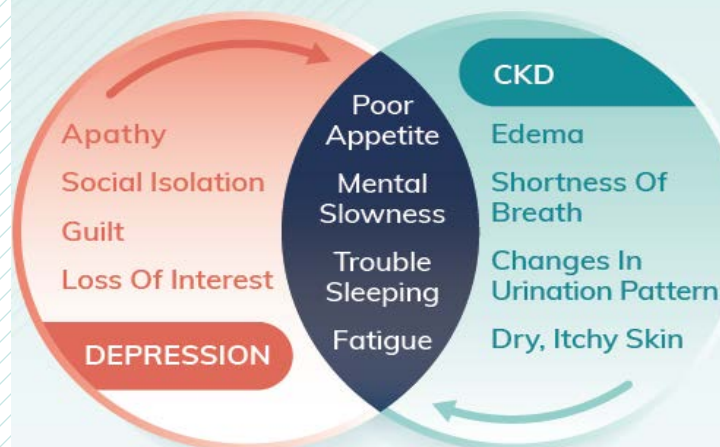
Patients on dialysis may experience poor mental health due to the changes in their quality of life and physical condition.

DIAGNOSIS

Patients with kidney disease are likely to experience mental health issues which may be overlooked because of CKD's overlapping symptoms.



SYMPTOM OVERLAP: DEPRESSION & CKD



 Nearly **1 in 12** adults in the US report having depression.

 Nearly **1 in 7** adults in the US have CKD.



FINDING HELP

National Kidney Foundation's NKF Peers Program
www.kidney.org/peers

American Kidney Fund (AKF)
www.kidneyfund.org

National Alliance of Mental Illness (NAMI)
<https://nami.org/Home>

Mental Health America (MHA)
<https://mhanational.org/>



PATIENTS & CARE PARTNERS

- 1** Do not ignore feelings of anxiety or disbelief that a CKD diagnosis can create. 
- 2** Acknowledge the way you feel. 
- 3** Be sure to seek support. 

References:

1. Amira O, Prevalence of symptoms of depression among patients with chronic kidney. Niger J. Clin Pract. 2011;1(4) 460-3. <https://www.ajol.info/index.php/n-jcp/article/view/74573>
2. Nataatmadja M, Evangelidis N, Manera K, et al. Perspectives on Mental Health Among Patients Receiving Dialysis. Nephrology Dial Transplant. 2020;1-9.
3. Dialysis Patient Citizens Education Center. <https://www.dpcedcenter.org/quality-of-life/mental-health/why-should-i-care/> Website accessed April 13, 2021.
4. Shirazian S et al. Kidney Int Rep 2017;2, 94-107.
5. Nearly One in 12 U.S. Adults Reports Having Depression. <https://www.aafp.org/news/health-of-the-public/20180219nchsdepression.html> Accessed January 6, 2021.
6. One in Seven American Adults Estimated to Have Chronic Kidney Disease. <https://www.kidney.org/news/one-seven-american-adults-estimated-to-have-chronic-kidney-disease>

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