

Emotional Health Concerns in Adults with Congenital Heart Disease

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Objectives

- Discuss challenges of living with Adult Congenital Heart Disease (ACHD)
- Identify symptoms of depression and anxiety
- Discuss treatment options

Issues to Consider

- How does congenital heart disease affect every day adult life?
- What are protective factors for adjustment?
- What resources are available in the area?

Common Concerns with ACHD

- Physical & cognitive challenges
- Child Bearing
- Raising a family

Protective Factors

- Feeling of Belonging
- Family Support
- Coping Style
- Locus of Control

Depression

- Loss of interest in everyday activities
- Feeling sad or down
- Difficulty focusing
- Difficulty sleeping
- Change in appetite
- Irritability
- Restlessness
- Feeling worthless
- Suicidal thoughts
- Difficulty sleeping
- Unexplained aches and pains
- Loss of interest in sex

Anxiety

- Excessive worry
- Ominous feeling
- Avoiding situations /people
- Restlessness
- Irritability
- Difficulty concentrating
- Muscle tension
- Heart racing
- Episodes of excessive sweating
- Shortness of breath
- Stomachache
- Headache
- Blushing
- Difficulty sleeping

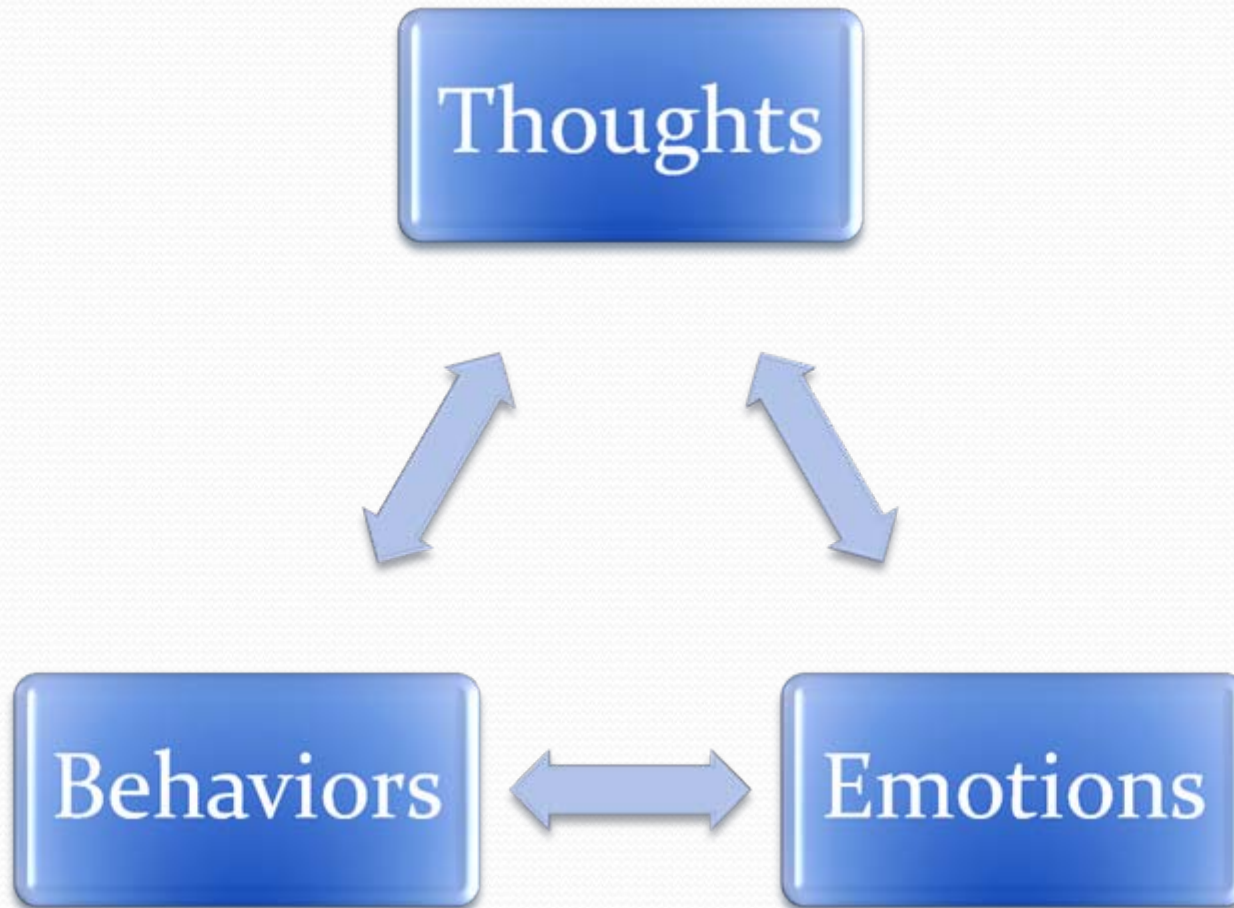
Mood Disorders

- Symptoms may be similar to physical symptoms of disease
- Interfere with daily functioning and quality of life
- Present for at least 2 weeks

Treatment Options

- Individual psychotherapy
- Group therapy
- Psychotropic medication
- Combination: Therapy and Medication

Cognitive Behavioral Therapy



Cognitive Behavioral Therapy

- Empirically validated treatment
- Short-term
- Focused
- Collaborative
- Mind-body connection



Resources



Questions?