



Center for  
Children and  
Families

## CCF Speaker Series

### *Prevalence of Depression and Anxiety in Patients with Cystic Fibrosis and Parent Caregivers*

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**Date: Friday, February 26, 2016**

**Time: 12:00 pm – 1:00 pm**

**Location: MMC, AHC1 Room 110 at the Center for Children and Families**



*We conducted a large-scale screening study (the TIDES Study: The International Depression/Anxiety Epidemiological Study) in 9 countries. We screened over 6000 individuals with cystic fibrosis ages 12 through adulthood and over 4100 parent caregivers using 3 screening tools. We found elevated rates of depression and anxiety, about 2-3 times the prevalence found in the community, using 3 screening tools (Quittner et al., 2014). We also compared symptoms of psychological distress in over 1200 parent-teen dyads and found high levels of comorbidity among family members. A large, international multidisciplinary group of pulmonologists, psychologists, psychiatrists, psychopharmacologists, social workers, and individuals with CF and a parent reviewed the literature and recommended annual screening of psychological distress, beginning at age 12 for patients and for all parents of children with CF from birth to age 17, using the PHQ-9 and GAD-7 (Quittner et al., Thorax, 2015). Efforts to disseminate and implement these guidelines have begun in the US and Europe.*

**At the end of this presentation, the participant will be able to:**

1. Estimate the international prevalence of depression and anxiety in adolescents and adults with CF and parent caregivers.
2. Describe the results of the International Guidelines Committee on Mental Health and CF and the best screening tools to use.
3. Discuss the challenges of disseminating and implementing these guidelines.

**Continuing Education:**

- The CCF has been approved by the American Psychological Association to sponsor continuing education for psychologists. The CCF maintains responsibility for this program and its content.
- The American Nurses Credentialing Center (ANCC) accepts CE credit provided by APA providers towards ANCC re-certification.
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- This talk has also been approved for up to **1 CE** credits by Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling; Florida Board of Psychology and Florida Office of School Psychology. Provider# BAP 50-12872.