

# Depression, anxiety, fibromyalgia common with rheumatoid arthritis, osteoarthritis

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Approximately four in 10 patients with osteoarthritis (OA) or rheumatoid arthritis (RA) have anxiety, depression, or fibromyalgia, according to a study [published](#) online July 16 in *ACR Open*

*Rheumatology.*

Juan Schmukler, M.D., from the Rush University Medical Center in Chicago, and colleagues analyzed the prevalence of anxiety, depression, and [fibromyalgia](#) in 361 patients with OA versus 488 patients with RA seen in routine care.

The researchers found that 40.4% of patients with OA and 36.3% of 488 patients with RA screened positive for anxiety, depression, or fibromyalgia. Eight and 7% of patients with OA and RA, respectively, screened positive for all three. Poorer patient status (as measured by the Routine Assessment of Patient Index Data 3 [RAPID3]) overall, as well as each component, were significantly higher in patients with any positive screen result in both diagnoses (odds ratios of 2.6 to 35.8).

"Screening for [anxiety](#), [depression](#), and/or fibromyalgia can be incorporated feasibly into routine clinical care using a single MDHAQ [Multidimensional Health Assessment Questionnaire] to better inform health professionals concerning patient status, prognosis, and response to treatments," the authors write.

One author disclosed ties to the pharmaceutical industry; one author holds a copyright and trademark on MDHAQ and RAPID3.

**More information:** Juan Schmukler et al, 36-40% of Routine Care Patients With Osteoarthritis or Rheumatoid Arthritis Screen Positive for Anxiety, Depression, and/or Fibromyalgia on a Single MDHAQ, *ACR Open Rheumatology* (2024). [DOI: 10.1002/acr2.11711](https://doi.org/10.1002/acr2.11711)

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