

# Prevalence of anxiety, depression up for adults with arthritis

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"Successful treatment approaches to address anxiety and depression among adults with arthritis are multifaceted and include screenings, referrals to [mental health professionals](#), and evidence-based strategies such as [regular physical activity](#) and participation in self-management education to improve mental health," the authors write.

**More information:** [Abstract/Full Text](#)

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(HealthDay)—The age-standardized prevalences of symptoms of anxiety and depression among adults with arthritis are 22.5 and 12.1 percent, which are considerably higher than those among adults without arthritis, according to research published in the Oct. 5 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Dana Guglielmo, M.P.H., from the CDC in Atlanta, and colleagues estimated the national prevalence of clinically relevant symptoms of anxiety and depression among adults aged ≥18 years with arthritis using data from the 2015 to 2017 National Health Interview Survey.

The researchers found that the age-standardized prevalences of symptoms of anxiety and depression were 22.5 and 12.1 percent, respectively, among adults with arthritis; the prevalences among adults without arthritis were 10.7 and 4.7 percent, respectively.

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