

Parkinson's disease: Mood symptoms and treatment

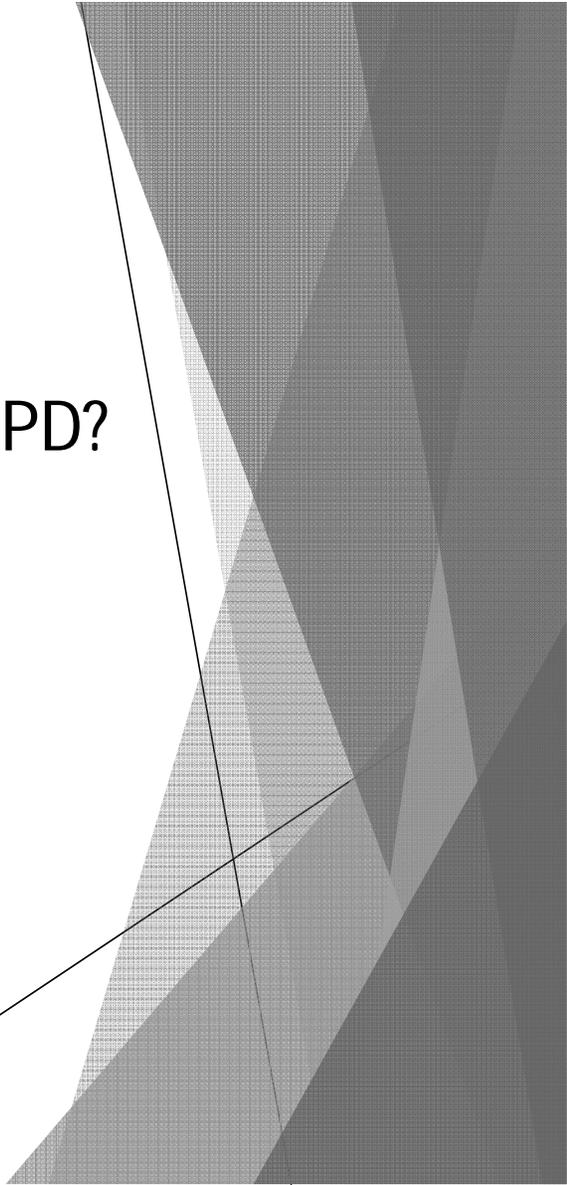
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PD: overview

- PD is a movement disorder that impacts motor functions, as well as cognitive and emotional functions.
- Common motor symptoms of PD include:
 - Difficulty walking, Tremor, Freezing, Unsteadiness, Masked faces, Slowness in movements, Stooped posture...
- Common cognitive symptoms in PD include:
 - Difficulty focusing your attention, difficulty following conversations, unorganized and having difficulty planning / finishing tasks, difficulty finding words in conversation, forgetting where you put items, forgetting details of conversations, forgetting tasks you intend to do, feeling slow in your thinking
- Common mood symptoms in PD include:
 - Mood = Emotions and feelings
 - Depression, anxiety, frustration

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- A decorative graphic on the right side of the slide, consisting of overlapping, semi-transparent geometric shapes in various shades of gray, creating a complex, layered effect.
- ▶ What mood symptoms are associated with PD?
 - ▶ What do these mood symptoms look like?
 - ▶ What are treatment options?

Why do we need to talk about mood symptoms in PD?

- ▶ Because changes in mood changes can have significant impact on your
 - ▶ Quality of life
 - ▶ Relationships with others
 - ▶ Motivation to care for yourself
 - ▶ Cognition / thinking

- ▶ And mood changes can be treated!
- ▶ Common mood symptoms include depression, anxiety, apathy, anger, irritability, mood swings, and personality changes. Bipolar and pseudobulbar affect less common but occur.

What does depression in PD look like?

- ▶ Sadness
- ▶ Hopelessness - pessimistic
- ▶ Apathy - do not care
- ▶ Irritability
- ▶ Negative thoughts
- ▶ Feeling decreased interest or pleasure in activities
- ▶ Decreased energy / fatigue
- ▶ Decreased or increased appetite
- ▶ Feeling guilt or worthless
- ▶ Low motivation, low interest
- ▶ Less happy, less enthusiastic
- ▶ Thoughts of death or suicide

What does anxiety in PD look like?

- ▶ Worry (health, future, finances, relationships)
- ▶ Fear and stress
- ▶ Avoiding public / social situations
- ▶ Constant general feeling of being overwhelmed
- ▶ Anxiety may fluctuate with medication doses (weaning off, ramping up)
- ▶ Panic attacks
- ▶ Anxiety about symptoms such as freezing or tremor in public places
- ▶ With anxiety, motor symptoms can be worse!
- ▶ Negative mood, negative thoughts
- ▶ Depression and anxiety often occur together in PD

Moods in PD

- ▶ Some (not all) people who have PD will develop changes in their mood but changes are common.
- ▶ 25-40% of PD patients develop anxiety
- ▶ At least 50% of develop depression
- ▶ Studies show that treatment of mood symptoms also leads to improved quality of life and reduction in disability

Diagnosis of mood issues in PD

- ▶ Diagnosis can come from your primary care physician or neurologist.
- ▶ First step is to share your symptoms with your provider and to be honest with yourself and your provider.
- ▶ It is important that you acknowledge these feelings and symptoms.
- ▶ Don't view these symptoms as a sign of weakness and don't be embarrassed.
- ▶ Give your provider a chance to determine the cause of your mood issues (e.g., thyroid issues, vitamin D deficiency)
- ▶ Treatment can make your life better so be open and discuss it with your provider!

- ▶ Tricky symptoms in PD
 - ▶ Masked faces (can make others think you are angry)
 - ▶ Soft voice (can make others think you are sad or withdrawn)
 - ▶ Slowed thinking speed (can make others think you are not interested in conversations)

Why are mood issues so common in PD

▶ Reaction vs Biologic Changes

- ▶ Mood changes can occur in reaction to the symptoms that develop in PD
 - ▶ Changes in work capacity, finances, physical activity
- ▶ Dopamine cells change / die in PD and this causes mood changes, most often feelings of depression
- ▶ Mood changes sometimes develop even before the motor changes in PD
- ▶ Mood changes can also be side effects from PD medications
- ▶ Mood changes can also occur during all stages of PD

Moods in PD

- ▶ Regardless of the cause of mood symptoms, treatments can be very effective!!!!
- ▶ 3 main treatment strategies
 - ▶ Medications
 - ▶ Therapy
 - ▶ Behavior changes / self driven changes

Treatment of mood symptoms in PD: Medications

- ▶ Medications are used to treat anxiety and depression
- ▶ Who can prescribe these medications?
 - ▶ Neurologist
 - ▶ Primary care physician
 - ▶ Psychiatrist
- ▶ Many different types of medications used to treat mood symptoms in PD (talk to your provider to see what they feel is best)
- ▶ Adjustment of your PD medications may also result in mood changes so it is important to work closely with your neurologic provider.

Treatment of mood symptoms in PD: Therapy / Counseling

- ▶ Who can provide therapy or counseling?
 - ▶ Psychologists / neuropsychologists / health psychologists
 - ▶ Social workers
 - ▶ Licensed counselors
 - ▶ Psychiatrists

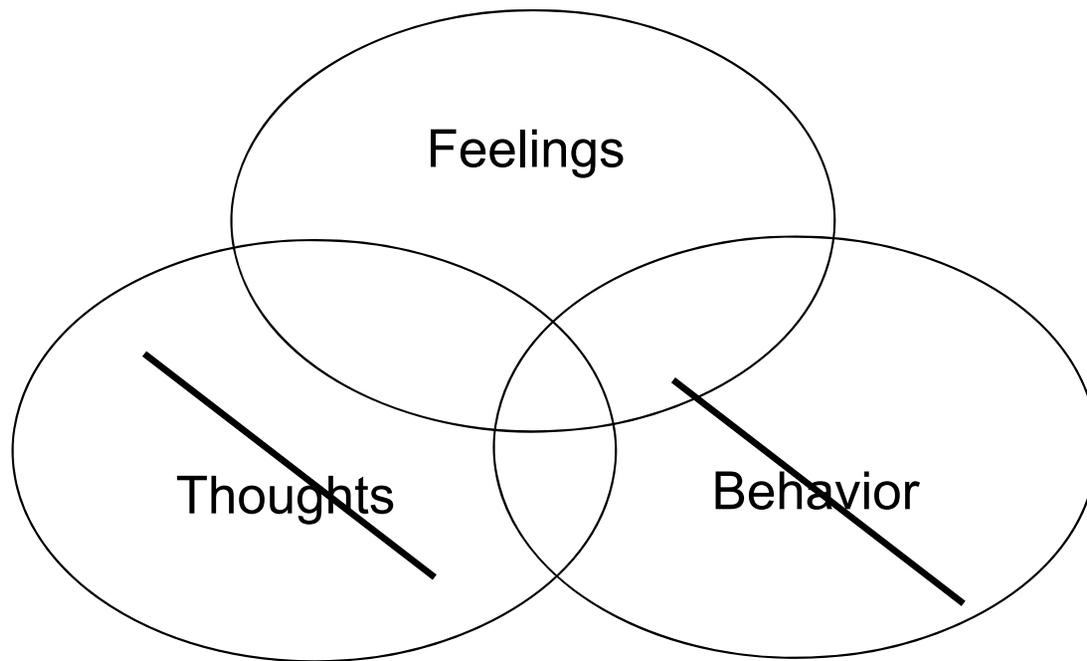
- ▶ Consider support groups

- ▶ Cognitive behavioral therapy is a common method for counseling

Cognitive Behavioral Model

- Therapist is a coach
- CBT teaches you skills to cope more effectively
- Treatment challenges you to look at how you think and behave
- By altering your thoughts or your behaviors, you can alter your moods.

Cognitive Behavioral Model



Cognitive Behavioral Model

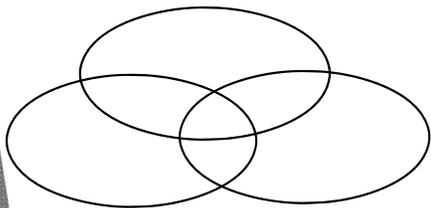
Cognitive restructuring:

1. Monitor your thoughts and feelings
2. Recognize how your thoughts are distorted
3. Restructure your thoughts to what is realistic

What will people think if I stumble or fall? What will people think if I have to use a cane?"

What do you think when you see others who struggle with these issues?

Mind reading, jumping to conclusions



Cognitive Behavioral Model

Cognitive restructuring:

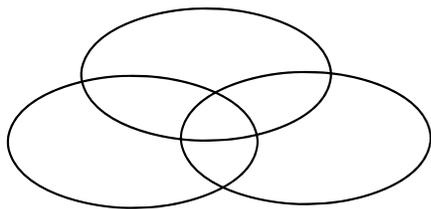
1. Monitor your thoughts and feelings
2. Recognize how your thoughts are distorted
3. Restructure your thoughts to what is realistic

"I can't do anything anymore..."

Is that true? Nothing?

Restate this, focus on what you can do!

Black / white



Cognitive Behavioral Model

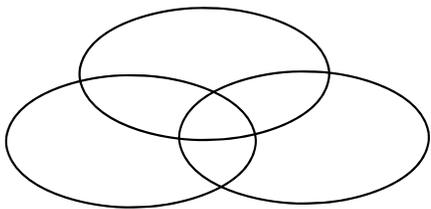
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“I should be able to do what I used to be able to do.”

Really? Is this an accurate statement?

Should statement



Cognitive behavioral tools / Self driven

- ▶ Three gratitudes
 - ▶ Write down three things that went well each day and their causes every night for one week. In addition, provide a causal explanation for each good thing.
- ▶ Finding something to look forward to
 - ▶ Plan pleasurable events, trips, activities, something...
- ▶ Committing conscious acts of kindness
 - ▶ Acts of kindness lead to happiness
- ▶ Infusing positivity into your surroundings

Treatment of mood symptoms in PD: more....

- ▶ Increase physical activity / exercise (look at WPA resources for “At Home Exercises”)
- ▶ Research suggests 2-3 hours per week of physical activity
- ▶ Relaxation methods / meditation
- ▶ Talk to others / don't avoid social activities
- ▶ Surround yourself by those you can trust and be comfortable around - find those people
- ▶ Consider your nutrition - healthy eating habits are important - depressed people tend to crave sweets or junk foods and while these may be enjoyable to eat in the moment, it often leads to worse mood by changes in glucose levels (aim for a balanced diet)
- ▶ Consider your substance use, reduce alcohol consumption
- ▶ Music therapy, massage therapy, and other complimentary options
- ▶ Manage your fatigue (avoid over committing yourself, plan rests, avoid too much exertion)
- ▶ Do not set yourself up for disappointment, rather know your body and plan.
- ▶ Budget your energy
- ▶ Be open to treatment approaches that work best for you

Wisconsin Parkinson Association American Parkinson's Disease Association

- ▶ Attend virtual seminars (like this)
- ▶ Consider virtual support groups (contact WPA for possible options)

- ▶ When COVID is gone.....
- ▶ Look at the website for exercise classes and support groups!

- ▶ **BOTTOM LINE - DON'T IGNORE MOOD SYMPTOMS**