A prospective study of the occurrence of mental disorders and co-morbidities following spinal cord injury

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A prospective study of the occurrence of mental disorders and co-morbidities following SCI has been conducted to determine predictors of mental disorders six months after discharge.

Participants included 88 adults with SCI admitted over a two year period to two SCI Units. Longitudinal assessment occurred up to six months after discharge. A structured psychiatric interview was conducted to determine presence of mental disorders and demographic, psychological and injury variables were also assessed.

Results showed that rates of mental disorder up to six months post-discharge were substantially higher than community rates. Predictive factors included education, pre-morbid psychiatric/psychological treatment, cognitive impairment, secondary complications, resilience and anxiety.

The findings indicate SCI has a substantial negative impact on mental health that does not change over time, suggesting that increased resources should be invested into improving the mental health of adults with SCI.

A paper presenting results of this study in detail has been submitted for publication.
For further information on the work of the Psychosocial Strategy Steering Group contact Annalisa Dezarnaulds via email:
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We sadly farewell 2 long-standing members - Frances Monypenny and Tonina Harvey. We thank them both for their never ending contributions and hard work and wisdom. We welcome Consultation Liaison Psychiatrist, Dr Robert Berman and ParaQuad NSW Peer Support Officer David Coren.

What’s new?

⇒ UPDATED Psychosocial Resources
Psychosocial Resources have recently been updated and are available on the SPINAL CORD INJURY RESOURCES page of the ACI website

Network Manager - Frances Monypenny on Frances.Monypenny@aci.health.nsw.gov.au

⇒ JUST ONE THING website
Rick Hanson, Neuropsychologist and best selling author of Hardwiring Happiness has a free newsletter - Wise Brain Bulletin offering skilful means from psychology, neurology, and contemplative practice for personal well-being, relationships, work and spiritual development”.
http://www.wisebrain.org/

⇒ A decision support tool / motivational interviewing tool and instructional video for clinicians
Ottawa Personal Decision Guide (OPDG) during a simulated decision coaching session between an academic advisor and a student making an social decision. This same process can be used to guide someone making any health or social decisions
http://decisionaid.ohri.ca/opdq_video.html

⇒ CHRONIC PAIN IN SCI
Project on chronic pain in SCI
Associate Professor Michelle Byrnes, in collaboration with Prof Stephan Schug at the Sir George Bedbrook Spinal Unit, Shenton Park, has recently conducted a project focused on the problem of chronic pain and multidisciplinary approaches to facilitate coping with pain following spinal cord injury. The second project assessed the efficacy of Mindfulness-Based Cognitive Therapy (MBCT) following neuro-trauma.
A/Prof Byrnes is now leading a randomised controlled effectiveness trial of a group program of Acceptance and Commitment Therapy (ACT) for patients with spinal cord injury and stroke who are experiencing chronic pain in collaboration with co-investigators in Australia.

Websites of interest for chronic pain

Dates for your diary

July 2014
Road to Recovery Course.
Royal North Shore Hospital, 30th June –4th July
For further information contact Aimee Marsh
AMarsh@nscchhs.health.nsw.gov.au

November 2014
19-21 November 2014
ANZSCO5 ASM Conference, Auckland, New Zealand.
http://www.anzscos2014.com/