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## 2. WHO TO TALK TO...

If you have Rheumatoid Arthritis and think you may be suffering from mood problems, consider talking to your GP, consultant or rheumatology nurse for advice.



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## 5. SUMMARY

Don't be afraid to open up to someone if you think you may have a mood problem. Seeking help could potentially improve both your mood and your Rheumatoid Arthritis.



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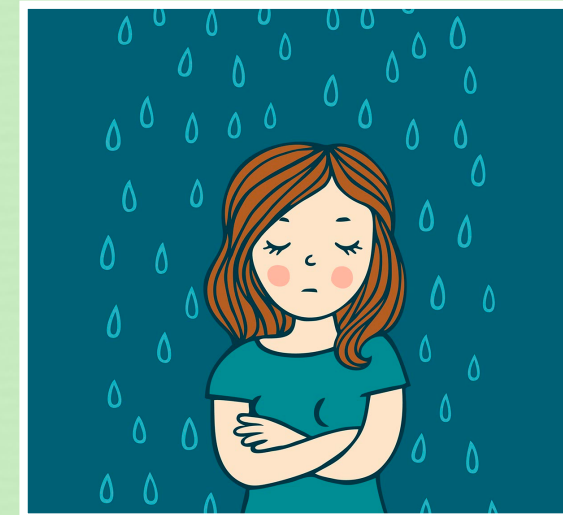
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## MOOD PROBLEMS IN RHEUMATOID ARTHRITIS

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At least **one in every five**  
**people** with Rheumatoid  
Arthritis is affected by mood  
problems (anxiety and/or  
depression)

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## 1. RESEARCH EVIDENCE

Local research in North Staffordshire has found that people with Rheumatoid Arthritis often struggle to open up about mood problems.

People with low mood or anxiety may not respond as well to treatments for their Rheumatoid Arthritis.

Therefore, it is important that mood problems are recognised and treated.



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## 3. TREATMENT

### TALKING THERAPIES

MIND and the Wellbeing Service offer talking therapies for people with mood problems. You can make an appointment to discuss whether this may help you by calling the numbers below. Information is also available online.



01782 262100

[mind.org.uk](http://mind.org.uk)

North Staffordshire Wellbeing

01782 711651

[northstaffswellbeing.co.uk](http://northstaffswellbeing.co.uk)

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## 4. TREATMENT

### MEDICATION



If your GP suspects you have anxiety or low mood, they may offer treatment with medication.

This is often more effective when combined with talking therapy.

If your mood does not improve despite talking therapy and/ or medication, referral to a psychiatrist may be offered.