

Mental Health in Autosomal Dominant Polycystic Kidney Disease (ADPKD)



ADPKD Can Affect Quality Of Life* & Psychosocial Well-Being^{1,2}

1 QUALITY OF LIFE (QOL) IMPACT & DISEASE PROGRESSION

Even early in ADPKD, patients report being less happy with their lives compared to healthy individuals.² Anxiety and depression affects many of these patients.¹



1

2 RELATIONSHIP TO MORTALITY RATES

Experiencing anxiety and depression during early ADPKD stages predicts higher death rates in later disease stages.¹



2

3 MANAGEMENT

Finding and treating patients' anxiety and depression in early stages can improve QoL. This is as important as medical treatment.¹

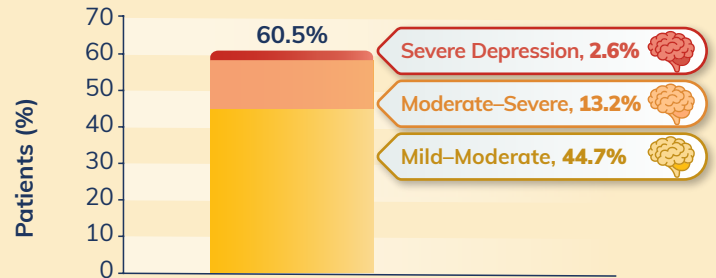


3

Psychological Impact Of ADPKD³

Patients with ADPKD have high rates of depression and anxiety.

Patients With ADPKD (n=38)*



*Diagnosed using Beck Depression Inventory

Anxiety in Patients with ADPKD



STAI score: ● 20-30=low anxiety; ● 31-49=moderate; ● ≥50=high

All patients with ADPKD can deal with anxiety, whether it's temporary anxiety state due to ADPKD or a personality anxiety trait.

Psychosocial Risk Of ADPKD⁴

Risk Factors For Increased Psychosocial Risk

Female Gender

Increasing Age

Lower Kidney Function

Loss Of Parent, Sibling, Or Children From ADPKD

Enlarged Kidneys

Guilt/Worry About Transmitting ADPKD To Children

22%

22% of study participants reported significant depression.

62%

62% reported feeling guilty about passing ADPKD to their children.

Burden Of ADPKD On QOL⁵



*Quality of life: An individual's well-being and ability to function in life activities. It includes emotional, social, and physical aspects.
 †Psychosocial: A combination of social, mental, and physical influences on an individual's well-being.

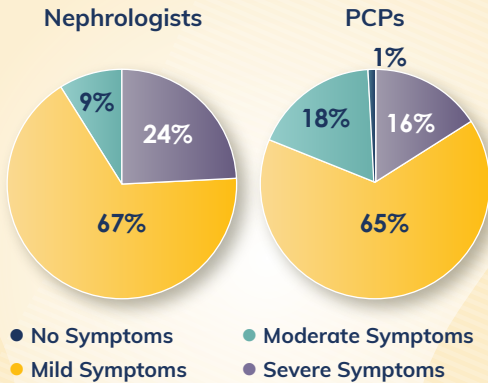
References:
 1. Yarlioglu AM et al. Int Urol Nephrol. 2023;55(4):983-992.
 2. Jankowska M et al. Nephron. 2024;148(4):224-229.
 3. de Barros BP et al. J Bras Nefrol. 2011;3(2):120-8.

4. Simms RJ et al. Nephrol Dial Transplant. 2016;31(7):1130-1140.
 5. Barhum L. Living With Autosomal Dominant Polycystic Kidney Disease Coping, Support, And Living Well. December 07, 2021. Accessed April 18, 2023. <https://www.verywellhealth.com/autosomal-dominant-polycystic-kidney-disease-coping-5211944>
 6. Baker A, et al. Clin Kidney J. 2015 Oct;8(5):531-7.
 7. Harris T et al. Nephrol Dial Transplant. 2018;33(4):563-573.
 8. Kim D et al. Korean J Intern Med. 2022;37:489-501.

The information provided through NephU is intended for the educational benefit of health care professionals and others who support care for those with kidney disease and other related conditions. It is not intended as, nor is it a substitute for, medical care, advice, or professional diagnosis. Health care professionals should use their independent judgement when reviewing NephU's educational resources. Users seeking medical advice should consult with a health care professional.

Impact Of ADPKD On Patients May Be Underestimated By Healthcare Providers⁶

HCPs may not recognize the severity of physical symptoms experienced during early-stage ADPKD.



European Survey:

- Approximately two-thirds of nephrologists and primary care physicians believed that patients with early-stage ADPKD had only **mild symptoms**.
- A quarter of nephrologists believed that these patients had **no symptoms at all**.
- Approximately half of both groups (52%) believed that early-stage ADPKD was **not associated with any emotional symptoms**, or was associated with only mild symptoms.

Healthcare Specialties That Can Provide Care To Patients with ADPKD⁷



■ Manifestations & Complications ■ General & Follow-Up Care ■ Diagnosis & Assessment

*Abbreviations: ARNP = Advanced Registered Nurse Practitioner; PA = Physician Assistant/Associate

Early Identification & Screening^{3,4,7,8}

Self-Assessments 1

- Patient Health Questionnaire 9 (PHQ9), Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI)^{4,3,8}
- ADPKD Genetic Psychosocial Risk Instrument (GPRI-ADPKD)⁷
- ADPKD Impact Scale (ADPKD-IS)⁷

Clinical Interview 2



Resources for Patients, Families and Caregivers to Enable Informed & Active Participation in Care*

Access to psychological & social support services⁷	Support Call Lines PKD Hope Line: 844-PKD-HOPE	Peer Mentoring PKD Connect: connect.pkdcure.org
Renal Replacement Therapy & Transplant⁷ Explore options for living kidney donors early on for preemptive kidney transplant	Patient/Caregiver Ed. OPEN: otsukapatented.com PKD Foundation: resources.pkdcure.org NKF: kidney.org	Family planning⁷ <ul style="list-style-type: none"> • Genetic counseling • Pre-implantation genetic diagnosis • Contraception • Pregnancy issues
Informative Sites PKD Foundation: pkdcure.org PKD International: pkdinternational.org	Referral to Centers of Excellence & Partner Clinics PKD Foundation: pkdcure.org	Research Participation⁷ Registry entry, clinical trials, and patient reported outcome data collection

*Not an exhaustive list.

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