

Anxiety and depression present a significant and comparable burden of disease following an osteoarthritis diagnosis.

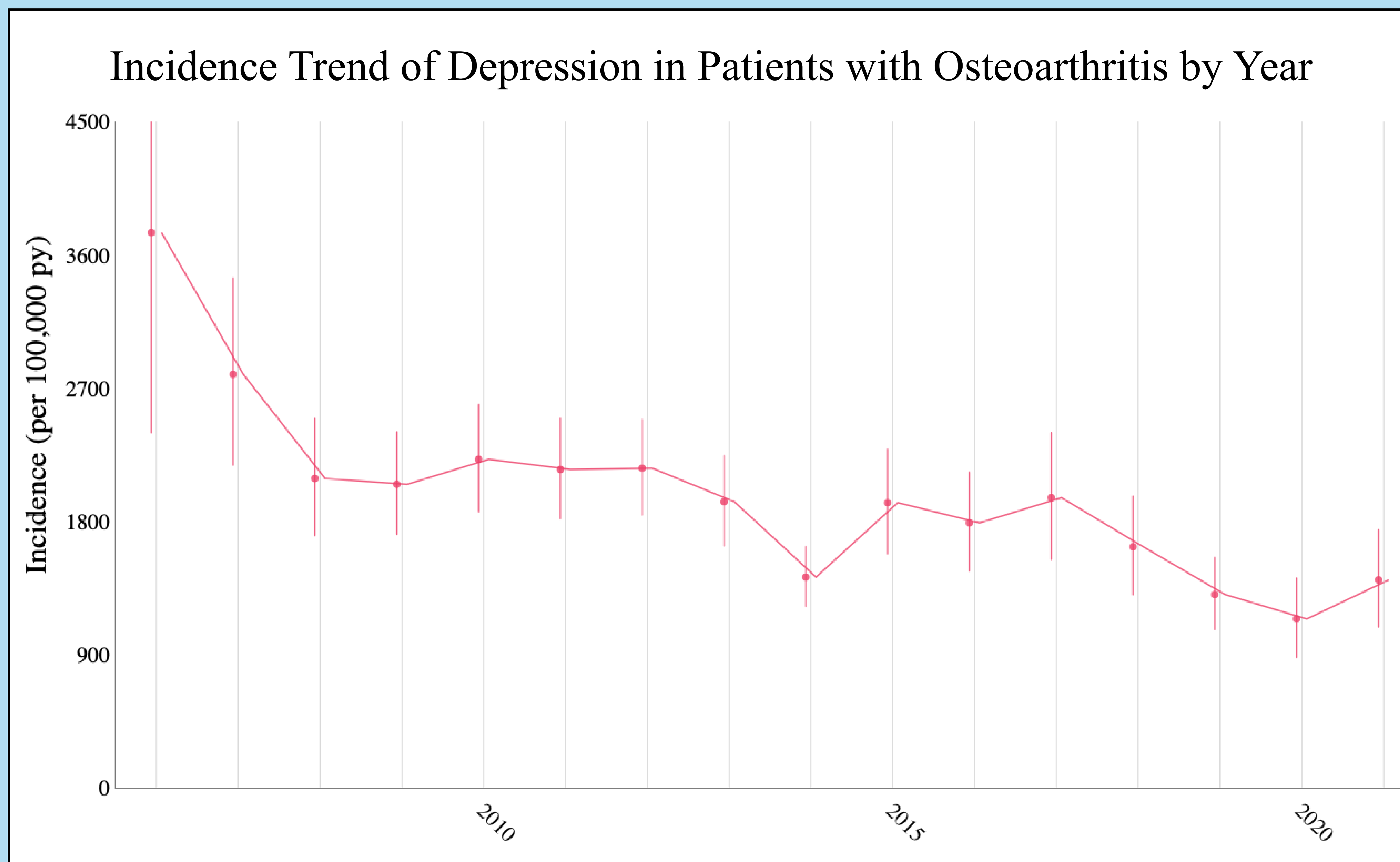


Fig 1. Yearly incidence rate of depression (per 100,000 person-years) following osteoarthritis diagnosis, 2006–2021.



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An Exploration of the Incidence Rate of Anxiety and Depression following a Diagnosis of Osteoarthritis using the THIN Dataset

An Electronic Health Record Cohort and Cross-Section Study of UK primary care data from 2006-2021

BACKGROUND: Osteoarthritis is a joint disorder linked to pain, disability, and poor mental health.

METHOD: This study used THIN primary care data between 2006 and 2021 to estimate the yearly incidence rates of depression and anxiety following an osteoarthritis diagnosis.

RESULTS: Between 2006 and 2019, the incidence rate of depression following osteoarthritis decreased from 3748 [CI: 2397–5225] to 1305 [1068–1555] per 100,000 person years. Anxiety rates remained relatively stable, from 1142 [885–1434] in 2006 to 1430 [1101–1778] in 2019. Both outcomes declined slightly during 2020 before rising again in 2021.

CONCLUSION: Further research is needed to explore any causal links as well as to investigate whether the burden of mental health diagnosis varies between mechanical and inflammation driven arthritis.

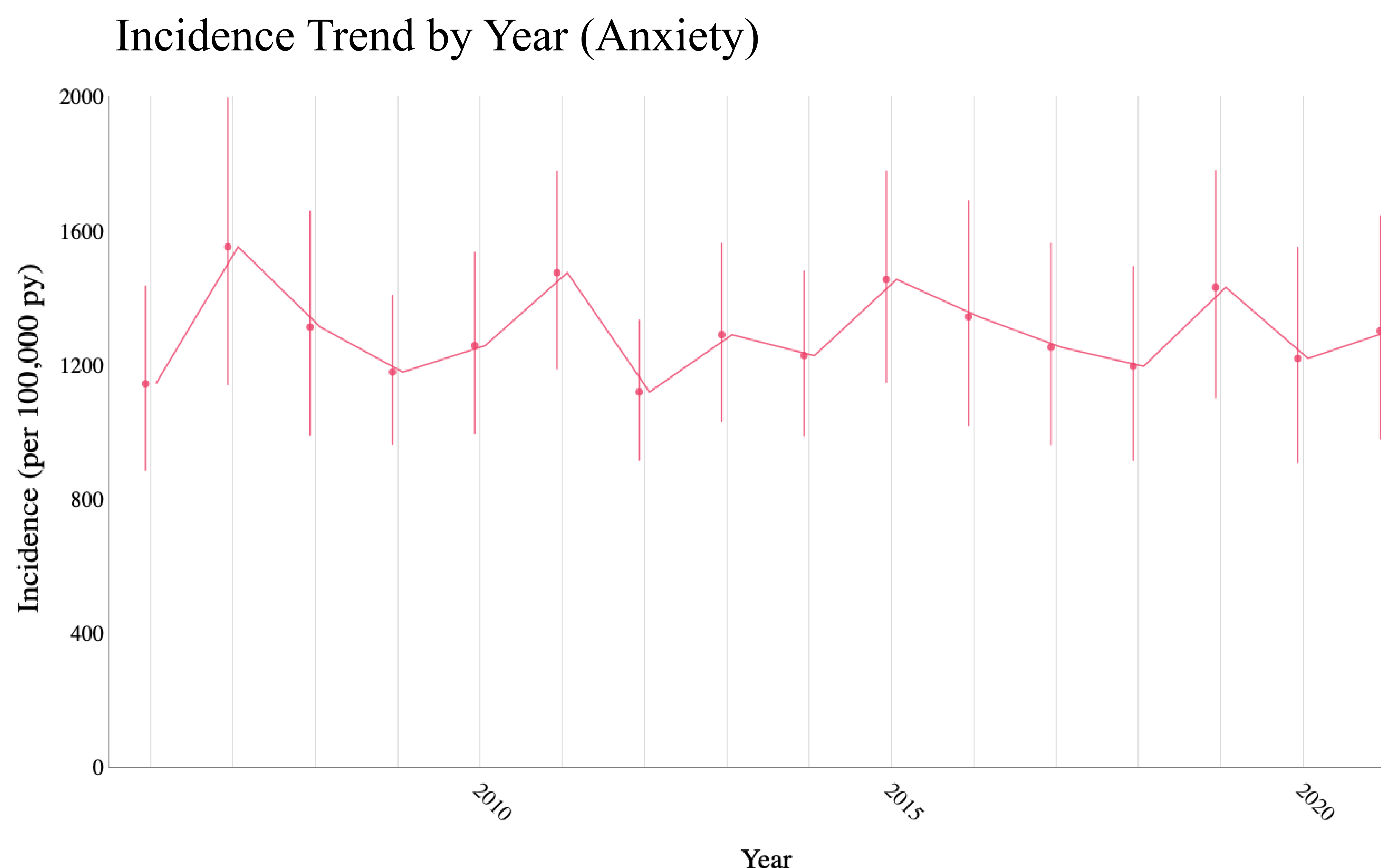
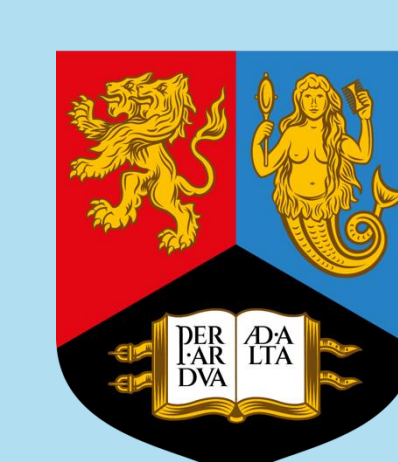


Fig 2. Yearly incidence rate of anxiety (per 100,000 person-years) following osteoarthritis diagnosis, 2006–2021.

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